ARCHDIOCESE OF LOS ANGELES

CONFIRMATION PREPARATION PROCESS RESOURCES
2001

Office of Religious Education
3424 Wilshire Blvd.
Los Angeles, CA 90010-2202
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CHAPTER 1

INTRODUCTION

VISION, SCOPE AND SEQUENCE

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
VISION STATEMENT
FOR THE CONFIRMATION PROCESS

To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.” Pope John Paul II

The gifted and generous leaders called to share faith with youth in preparing them for the Sacrament of Confirmation seek to impart this sense of hopefulness and enthusiasm among young people. The Confirmation Preparation Process consists of various elements which provide a framework for supporting youth and the parish as they grow as a faith community. We, the Office of Religious Education Confirmation team, affirm and support each parish as they implement this process in a manner that will address the unique needs of their youth and parish community.

Included in the next chapter of this manual is the Archdiocese of Los Angeles Guidelines for the Confirmation Preparation Process. This manual provides resources and suggestions for implementing the guidelines in the subsequent chapters. Thus, the individuality of each parish may be maintained while carrying through the mission of confirmation preparation in the Archdiocese.
# CONFIRMATION PROCESS

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CHAPTER 2

OFFICE OF RELIGIOUS EDUCATION
GUIDELINES FOR CONFIRMATION

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
CONFIRMATION PREPARATION PROCESS

Introduction
Maturing in Christian faith is a life-long Journey. Confirmation preparation is a process in Christian growth based on the belief that adolescents are at a significant point in their faith journey where they are beginning to establish a personal faith identity. Through sharing their own journey and interaction with others, the candidates are assisted in identifying and understanding how God is working in their lives, and come to a new realization of faith within the context of the parish community.

The goal of the Confirmation Preparation Process is to prepare the high school-aged youth to receive the sacrament and to deepen the faith of the parish community. A justice perspective and sensitivity to the multi-cultural diversity of the Archdiocese are integrated into this program. This process is grounded in a vision of youth ministry in which the parish community responds to the needs of the youth and encourages them to return to share their unique gifts with the parish community (A Vision of Youth Ministry, USCC, 1976).

The following Confirmation Guidelines are modeled on the components of Youth Ministry. The Catechetical component provides foundation for prayer and worship, service opportunities, retreat experiences and community building. This process encourages full and active participation of all involved, and calls on the community to celebrate significant moments in the candidates’ faith journey.

The Confirmation Preparation Process is a source of renewal for the whole parish community. The celebration of rituals and the involvement of so many members of the parish-priests, parents, sponsors, teams, and youth - are sources for inspiration and spiritual renewal for the entire community.

With sensitivity to the various needs and resources of parishes throughout the Archdiocese, these guidelines provide a basic framework for the two-year Confirmation Preparation Process for high school-aged youth. Each parish is encouraged to implement this process by developing a model which responds to the specific needs of their youth.
## CONFIRMATION PREPARATION PROCESS

### Year I

**Invitation**

(3-4 Months)

- Parent/Candidate Meeting - Orientation meeting
- Ritual – Beginning the Journey

**Community Building Stage**

(3-4 months)

- Interview
- Sponsor Chosen
- Parent/Sponsor/Candidate

**Meeting**

- Spiritual Development
- Faith Themes/Catechesis
- Retreat/Spiritual Growth

**Activities**

- Ritual of Promise
- Ritual-Covenant Call to Conversion
- Ritual-Renewal of Baptismal Promises

### Year II

**Continuing Catechesis Stage**

(Approx. 1 Yr)

- Ritual – Blessings of Sponsors & Candidates
- Ritual – Commitment to the Journey
- Ritual – Affirming Confirmation Candidates
- Spiritual Development
- Faith Themes/Catechesis
- Service

**Sacramental Preparation Stage**

(3-4 Months)

- Spiritual Development
- Retreat/Spiritual Growth

**Activities**

- Faith Themes/Catechesis
- Liturgical Celebrations and Rituals

**Rituals**

- Reconciliation Service
- Family Celebration
- Interview
- Rite of Confirmation
  - (Time frame: Easter Season)

### Discipleship Stage

(Ongoing)

- Spiritual Development
- Liturgical Celebrations
- Retreats/Spiritual Growth Activities
- Service
- Faith Sharing
- Youth Ministry Involvement
PROGRAM COMPONENTS

The Confirmation Preparation Process begins at the parish level with the selection of a Confirmation Coordinating Team. Diocesan confirmation workshops and in-service programs are held to assist the team with the implementation of the Guidelines.

YEAR I:

INVITATION STAGE (3-4 months)
The preparation stage is a period during which the youth of the parish are invited to participate in the Confirmation Preparation Process. At this stage, it is important that the coordinator works closely with the local Catholic Schools.

Three to four months prior to the beginning of the Community Building Stage, the parish Confirmation coordinator invites all parish eighth graders and non-confirmed high school youth to participate in the Confirmation Preparation Process. The coordinator contacts the local Catholic high schools to invite their cooperation in encouraging their students to enter the process. (Chapter 4)

Parent/Candidate Meeting
The parish Confirmation coordinator meets with interested parents and youth to inform them of the process.

Ritual – Beginning the Journey
This ritual can be part of a prayer service at the end of the Parent/Candidate Orientation Meeting as both begin the confirmation Process. (Chapter 8)

COMMUNITY BUILDING STAGE (3-4 months)
The goal of the stage is to gradually awaken in the life of the candidate the reality of God and encourage the candidate to participate in the life of the parish community.

Interview
After the candidate accepts the invitation to participate in the Confirmation Preparation Process, an interview is held. The purpose of the interview is for the team to meet and begin to establish a relationship with the candidate. The parents could be brought into this first interview.
**Sponsor Chosen**
The Sponsor is chosen at the beginning of the Community Building stage. The sponsor journeys with the candidate throughout the Confirmation Preparation Process. This relationship is one of faith-sharer, witness, guide and friend to the candidate. (Chapter 5)

**Parent/Sponsor/Candidate Meeting**
A meeting for parents, sponsors, and candidates is held to introduce the Confirmation Preparation Process to all three groups and to help each group to understand their respective role. (Chapters 4 and 5)

**MEETING**

**Spiritual Development**
Growth in the life of the Spirit within each candidate is essential to the Confirmation Preparation Process. Consequently, programs include components that encourage and promote spiritual growth and understanding. These components include the presentation of faith themes and the offering of retreats and day of recollection for the candidates, parents, sponsors, and team. (Chapter 9)

**Faith Themes/Catechesis**
The emphasis during this stage is on sharing the faith journey and growing as a faith community (Chapter 7). This involves sharing in the following areas:

- Journey/Faith Story
- The Person of Jesus
- The Call to Follow Jesus
- Personal Giftedness
- Service

**Retreat/Spiritual Growth Activities**
The retreat or day of recollection is a concentrated time away from normal activities and environment dedicated to reflection on the experience of God in our lives. Retreats are an important aspect of spiritual growth and instrumental in building community. At the same time, it is important to recognize that such reflection and inclusion into community must be entered into by choice. Retreats and days of recollection for Confirmation preparation are included along with other options for spiritual renewal so that the reflection is genuine and is a response in freedom to the invitation of our loving God. (Chapter 9)
ACTIVITIES

*Ritual of Promise by Confirmation Candidates and Sponsors*
(Suggested time: Advent Season)
The Church through the parish community formally welcomes the candidates into the Confirmation Preparation Process. (Chapter 8)

*Ritual – Covenant Call to Conversion*
This ritual can also be done at a Catechetical session allowing the candidates to reflect on their own conversion. (Chapter 8)

*Ritual – Renewal of Baptismal Promises*
This ritual can be done at a Catechetical session or at a Eucharistic celebration. It possibly could follow a session where the subject may be the Creed, Commitment, or Baptism. (Chapter 8)

YEARS II

**CONTINUING CATECHESIS STAGE** (Approximately 1 year)
The Catechesis Stage is a period of more intense preparation for understanding and living the Catholic Christian faith. The candidates are led to a greater reverence for their Catholic faith, Scripture, and tradition. (Chapter 7)

*Ritual – Blessing of Sponsors and Candidates*
This ritual at the beginning of year two can be done at a sponsor meeting or catechetical session to bless the relationship between sponsor and candidate for the second year. (Chapter 8)

*Ritual – Commitment to Journey* (Suggested time: beginning of Year II)
During the ritual, the Church through the parish community celebrates the candidate’s desire to continue the preparation to receive the Sacrament of Confirmation. (Chapter 8)

*Ritual – Affirming Confirmation Candidates*
This ritual celebrates the Church community’s acceptance of the candidates as they enter into the final preparation for the sacrament of Confirmation. (Chapter 8)
**Spiritual Development**
The presentation of faith themes during the Catechesis Stage increases the candidate’s knowledge of the Christian lifestyle. (Chapter 9)

**Faith Themes/Catechesis**
The emphasis throughout the Continuing Catechesis Stage remains on preparation for living as disciples and the catechesis involves enriching the candidate’s knowledge in the following areas (Chapter 7):

- Scripture
- Jesus
- Church
- Human Sexuality
- Catholic Belief and Practices
- Liturgy & Liturgical Seasons
- Justice
- Morality/decision-Making
- Theology of the Sacraments
- Confirmation

**Service**
Service is an integral component of the Confirmation Preparation Process. During the Catechesis Stage, the candidates are:

- Guide in understanding service as a way to live out the Gospel values;
- Offered a variety of opportunities to participate in service projects;
- Guided in reflecting upon their service experiences.

Service experiences include one long term project or three short term projects during the Confirmation Preparation Process. (Chapter 10)

**SACRAMENTAL PREPARATION STAGE** (3-4 months)
The Sacramental Preparation Stage is a time for spiritual preparation and formation in which the candidates are led to an appreciation and understanding of the Sacrament of Confirmation.

**Spiritual Development**
During the Sacramental Preparation Stage, the emphasis is on understanding and preparing for the celebration of the Sacrament of Confirmation. Studying the Rite of Confirmation, retreats or day of recollection, liturgical and family celebrations provide opportunities for the candidates’ faith to be deepened as they make final preparation to receive the Sacrament of Confirmation. (Chapter 9)
**Retreat/Spiritual Growth**
During the Sacramental Preparation Stage, a second opportunity for retreat/spiritual preparation provides the candidates with time to reflect upon the growth that has occurred during their faith journey and to prepare in a special way to receive the Sacrament of Confirmation. This gathering may include sponsors and parents. (Chapter 9)

**ACTIVITIES**

**Faith Themes**
The Emphasis during the Sacramental Preparation Stage is on understanding and preparing for the Rite of Confirmation. During this stage, the candidates study the Rite of Confirmation. (Chapter 9)

**Liturgical Celebrations**
The liturgical celebrations help the candidates to celebrate and deepen their experience and understanding of their faith.

**RITUALS**

**Reconciliation Service**
The sacrament of Reconciliation is made available to the candidates at this time.

**Family Celebration**
During the Sacramental Preparation Stage, the candidates and their parents are brought together for reflection, sharing and prayer.

**Interview**
During the Sacramental Preparation Stage, the team interviews the candidates. This interview helps the team and candidate to discern the growth of the candidate as well as begin a closure process to the two year preparation. (Chapter 6)

**Rite of Confirmation** (Time Frame: Easter Season)
At the end of the Sacramental Preparation Stage, the Church through the parish community celebrates the candidates the Sacrament of Confirmation. (Chapter 14)
**DISCIPLESHIP STAGE** (Ongoing)
The Discipleship Stage is a time of entering more deeply into the Christian Community. The living out of the sacramental life calls for involvement in the parish community and especially in the parish youth ministry program.

*Retreats/Spiritual Growth Activities*
During the Discipleship Stage, participation in parish and diocesan retreats, days of recollection, and spiritual growth activities assists the Catholic Christian to grow in the faith community and to deepen a personal relationship with God.

*Spiritual Development*
During the Discipleship Stage, Spiritual growth and understanding continue to be part of year II with the presentation of faith themes.

*Faith Sharing*
The newly confirmed are encouraged to continue to share their faith with their sponsor as well as with others in the faith community.

*Liturgical Celebrations*
Participation in the liturgical life of the Church is necessary for the Catholic Christians to continue to deepen their experience and understanding of their faith.

*Service*
As the newly confirmed grows in the Catholic Christian lifestyle, the faith commitment is evidenced in an attitude of generosity in service to others.
COORDINATING CONFIRMATION PREPARATION

Confirmation Coordinator Responsibilities:

• Implements a vision/mission of Confirmation preparation process.

• Implements a two-year curriculum based on the vision of the parish and the Archdiocese of Los Angeles.

• Recruits, trains and supports catechists and facilitators including youth facilitators.

• Evaluates the confirmation process, catechists and facilitators at least once a year.

• Prepares candidates, parents and sponsors to be involved in communal retreats.

• Prepares the parish community for Confirmation Candidates through parish announcements, intentions during liturgy and preparation for rituals.

• Chooses appropriate texts and/or resources to use in Catechetical sessions for youth.

• Plans and implements one retreat experience for each year.

• Supervises the implementation of service opportunities for candidates.

• Plans and offers gatherings for parents and sponsors to strengthen their roles and recruits sponsors for candidates when needed.

• Collaborates regularly with parish Youth Ministry, Religious Education Office and local high schools.

• Interviews candidates and family before and during the process.

• Recommends and supplies media resources for use in sessions.

• Prepares the Rite of Confirmation Liturgy.

• Connects with confirmation Consultants in Archdiocese of Los Angeles, Office of Religious Education.

• Is a liaison to Parish Pastoral Staff regarding Confirmation Preparation Process.
• Invites parents, eighty-grade students and non-confirmed high school youth from the parish to attend initial information programs.

• Contacts local Catholic high schools to invite their cooperation in encouraging their students to enter the confirmation Preparation Process.

• Maintains records on youth, parents, and sponsors.

• Recruits team members on an on-going basis.

• Develops budget in collaboration with pastor and team members.

• Prepares agenda and coordinates regularly scheduled team meetings.

**Confirmation Catechist Responsibilities**

• Attends regularly scheduled team meetings.

• Understands and supports the entire confirmation process.

• Prepares faith themes for the Catechetical session.

• Attends training programs offered through Archdiocese and works toward certification through Catechist Formation and Confirmation Specialization programs.

**The Confirmation Coordinating Team**

The Confirmation Coordinating team, in Collaboration with the pastor and priests of the parish, is responsible for planning, implementing and evaluating the parish confirmation program.

The Confirmation Preparation Coordinator may assign duties and responsibilities for the various components in the program to the coordinating team. These components include the coordination of parent and sponsor programs, liturgical experiences, retreat experiences and spiritual formation, service opportunities and hospitality. (Chapter 5)

**Archdiocesan Confirmation Directional Team**

This directional team is comprised of members who are involved in Catechetical ministry of Confirmation Preparation in the Archdiocese of Los Angeles. This team is concerned with the overall direction and vision for the Confirmation preparation process. The Confirmation Consultant for the Office of Religious Education chairs this team.
Rite of Confirmation
The scheduling for the reception of the sacrament of Confirmation is administered by the Office of the Archbishop. A letter, requesting the return of the High School Confirmation Request Form, is sent to the Pastor/Administrator in the month of August. If any question or concerns arise regarding the scheduling of the sacrament of Confirmation, please contact the Office of the Archbishop at (213) 637-7288.
CHAPTER 3

CONFIRMATION

COORDINATING TEAM

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
CONFIRMATION COORDINATING TEAM

The Confirmation Coordinating Team, in collaboration with the pastor and priests of the parish, is responsible for planning, implementing and evaluating the parish Confirmation program (Guidelines, for Confirmation – Chapter 2). This Coordinating Team is composed of a:

- Chairperson/ Coordinator
- Youth Minister
- Sponsor Coordinator
- Parent Coordinator
- Service Coordinator
- Catechetical Leader (separate team with representative on coordinating team)
- Liturgy Coordinator
- Retreats/ Spiritual Growth Activities Coordinator

On the practical level, the ideal cannot always be achieved. Consequently, one person may need to assume several of these roles. This will depend on the size of the parish program, the model used, and the availability of volunteers.

Establishing a Team
Begin establishing a Confirmation Coordinating Team by choosing a Coordinator. The Coordinator is responsible for recruiting the team members. A description of the roles for the team members is listed in the Confirmation Guidelines on page. (Chapter 2)

Suggestions for Recruiting the Team Members
Call persons to this ministry by:
- Personal invitation
- Have veteran team members speak at Sunday Liturgy to motivate persons to volunteer. Storytelling and personal witness are usually very effective means to encourage others to join in some common efforts
- Phone calls and letters of invitation.
- Parish bulletin. Develop an attractive advertisement to recruit new volunteers.
- Have a pot-luck dinner and invite possible volunteers to come, hear, and respond.
TEAM FORMATION

During the initial stage, the new team is given 15-20 hours of preparation. After the initial preparation, provide the team with on-going formation opportunities throughout the year(s). The Office of Religious Education offers specializations in the area of Confirmation and these courses may be used as part of the on-going formation.

The initial formation of 15-20 hours can be offered over 5-6 evening sessions or during one weekend (Saturday/ Sunday). The following examples are for an initial team formation in five sessions.

INITIAL TEAM FORMATION EXAMPLE

SESSION I  SHARING OF GIFTS AND TALENTS
SESSION II SHARING OF GIFTS AND TALENTS
SESSION III RELATING TO AND WORKING WITH YOUTH
SESSION IV LEADERSHIP STYLES
SESSION I: SHARING THE CALL

Opening Prayer  Use a prayer focused on ‘the call’ to serve.

Process:  List your hopes for these sessions. What are the needs of this team? Pretend you just walked off the street. Ask the team to defend why they are gathered.

Input:  Call to Ministry: Share reflection from Scripture.
Jeremiah- Jeremiah 1:4-9
The Apostles- Matthew 5: 18-22

Reflection:  How do you experience God calling you to this ministry? How does the Scripture passage speaks to your experience?

Sharing:  Take time to listen to the “Call Story” of each participant.

Closing Ritual:

Theme: Growing in the Lord

If possible, have small pots, seeds and soil for each team member

Opening Song

Reading- 1 Corinthians 3:5-9

Reflection on Planting and Growing

Prayers of Petition

Closing Prayer

Sign of Peace
SESSION II: SHARING OF GIFTS AND TALENTS

Gather: Take time to have each team member share they experienced God this past week, e.g. in a friend, a telephone conversation, a joy: a disappointment. Etc.

Process: Choose one of the following processes to help the team understand each other’s faith journey.

1. LIFELINE- Draw a “Life Line” and indicate the up (peak) and down moments of your life (e.g. times when God was important; times of question and doubt.)

2. SYMBOLS- Draw a symbol indicating how you experience God now.

3. TREE RINGS- Create the tree rings of your life, nothing major decision points or events, key people, etc.

4. IMAGES OF GOD- Consider your images of God. A directed meditation can help people get in touch with God as can Scripture images of God

   • Creator- Genesis 1:1
   • Shield-Genesis 15:1
   • Beloved- Song of Songs
   • Potter- Jeremiah 18:6
   • Shepherd- Ezekiel 34:11
   • Mother- Isaiah 66:13
   • Friend- John 15:15
   • Father- Matthew 6:8

5. PERSONAL GROWTH BANNER- Create a personal banner using symbols, words or short which phrases which represent your deepest values and priorities in life.

6. JESUS IN YOUR LIFE- Discuss the question: “Who is Jesus in your life?”
7. **SELF EULOG**: Complete the following statements and discuss your responses:

   a) If I were to die soon, it would be important to me that people thought I…
   
   b) After I die, I want people to remember my…
   
   c) When I die, I hope people…

8. **PERSONAL PRAYER DESCRIPTION**: Discuss your responses to the following questions:

   a) Where is God? Or where do you see God?
   
   b) Who is God?
   
   c) Share a Scripture passage that is meaningful to you.

9. **SPIRITUAL JOURNEY**: Reflect on and write your responses to the following questions. Share your reflections with the group.

   a) Write about your life with god from your childhood to the present
   
   b) When was your relationship close?
   
   c) When (if ever) did you drift away from God?
   
   d) How is your spiritual life in the present time?

**Input:** To recognize and affirm the gifts and talents of the team members. Using the body image in 1 Corinthians 12, explain and discuss as a group the importance of recognizing and affirming gifts. What gifts and talents do you want to bring to the Confirmation preparation process?

**Closing Ritual:**

**Theme:** Thanksgiving

Offer prayers of thanksgiving to acknowledge the Giver of all gifts, God

Closing Song
SESSION III: RELATING TO AND WORKING WITH YOUTH

Opening prayer

Process: To help the team grow in their understanding of the characteristics of youth play a current song(s)/video that captures some important characteristics of youth, then discuss the needs and characteristics of youth.

1) What do you notice about youth today?
2) What do you find exciting about working with youth?
3) What are the challenges in working with youth?
4) Invite the team to brainstorm and write their responses on butcher paper regarding the various aspects of youth. (Draw a ‘life size’ teen and label it according to a teen’s development psychologically, socially, spiritually, emotionally, etc.

Input: Using academic data explain the characteristics and needs of youth

OR

Show a movie about adolescents. (Refer to Media Resources)

Reflection

Characteristics of Youth and Their Needs

- Discuss the presentation or movie.
- What are some new insights you have about youth?
- What are some areas to be aware of when working with youth?

Relating to Youth

- What are some ways to relate effectively to youth?
- What pitfalls must be avoided when working with youth?
- What are some problems in relating to youth?
Responding to Youth

- Develop several scenarios that may be encountered when working with youth.

- Brainstorm and/or role play ways of responding to:
  
  a) The very creative youth
  b) The very intelligent youth
  c) The undisciplined youth
  d) The non-participant youth
  e) The disturbed youth
  f) The youth who constantly interrupts
  g) The ever-talkative youth

**Summarize the main themes of this session.**

- Characteristics of Youth and Their Needs
- Relating to Youth
- Responding to Youth

Closing Ritual

**Theme:** Celebrating the Giftedness of the Youth

**Opening Song**

Write and name aloud the specific needs of youth. Collect these in a basket. Ritually, raise these needs up in prayer of petition for youth and their families.

Share a sign of peace.

**Closing Song and/or the following prayer:**
PRAYER FOR TEENAGERS

We pray for teenagers
who pass notes in class.
Who poke holes in their textbooks,
who doodle during lectures.
And we pray for those
whose picture is not in a yearbook, but in a line-up.
Who can’t come to school in the “right” kind of
shoes, who have to live in places we wouldn’t be
captured dead, who never get to go to a rock concert,
who are invisible to the world.

We pray for teenagers
who forget their lunch money and miss the bus
regularly, who spend all their allowance before
Monday morning, who worry about making it on the
football team.
And we pray for those who have no room to clean
up, who take care of little brothers and sisters while
parents work, who go to bed hungry and cry
themselves to sleep.

All:

We pray for all teenagers, regardless of where they
live, how much money they have and what the color
of their skin is, because in each one us, God has
poured forth all His love.
SESSION IV: LEADERSHIP STYLES

Prior to the session, arrange for the MYERS-BRIGGS PERSONALITY INVENTORY to be administered to the team members. This Inventory must be administered and scored by a person trained in this area. Please call the office to learn how to acquire the inventory.

Opening Prayer

Process:

- Have the team members draw a symbol that express their own leadership style.
- Invite the team members to name a particular strength of their own.
- Invite the team members to name an area needing development

Input: Explain the need to be in touch with various styles and gifts of leadership in the group.

Invite the person who administered and scored the Myers-Briggs Personality Inventory to discuss with the team members the various personality styles.

This process can develop self-knowledge and knowledge, appreciation, and tolerance of different personalities. This can be very effective for conflict resolution.

Reflection

What gifts do you bring to the team? In what areas do you rely on the giftedness of others?

Closing Ritual

Theme: A Celebration of Gifts

Each person brings a symbol of the gift that he/she wants to share with this team.

Affirm publicly the gifts of each member.

Closing Song
SESSION V: PROGRAMMING AND PLANNING
Opening Prayer

Process: Objective: To clarify the vision, needs and hopes of the team.
- Invite participants to share their dreams.
- What is our vision for this team?
- What are the needs of this team?
- What do you hope to accomplish in relation to the Confirmation preparation process?

Input: Building Energy and Commitment in a Group
Explain the “Energy Cycle”. (See Energy Cycle handout)
Adapt the “Energy Cycle” to the Confirmation process.

1) Evaluate the previous year’s experience. Value. Affirm, let go.
2) Examine present needs. In light of past experiences, discuss the following:
   a) What worked?
   b) What did not work?

   Brainstorm a list of old and new ideas.
   Shape, formulate. Weigh alternatives and consider implications.
   Practically, this means developing a plan of action.

Example:
   a) What will be done next year? (Program, model, content, rites liturgies, etc.)
   b) When will it be done? (Develop a calendar)
   c) Who will do it?
   d) How will the team be involved in each phase of the program? It may be important to write a brief job description for each team member, so that there is clarity.
   e) Members of the team are empowered to do the tasks and make a commitment to building community and team spirit.

Closing Ritual:
   Theme: Being Sent Forth
   Opening Song
   Blessing of the team members
   Sign of Peace
BUILDING ENERGY AND COMMITMENT IN A GROUP - The collective commitment coalesces to the extent that the group formally participates in each step of the ENERGY CYCLE.

- Leadership calls membership to a formalization of the process.
- Leadership, with membership, decides when each step in the process is complete.
- Leadership has the primary responsibility to see that the roles in the energy cycle continue to be played.
CHAPTER 4

ROLE OF THE PARENT

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
THE ROLE OF PARENTS
IN THE CONFIRMATION PREPARATION PROCESS

As the primary educators of their children, parents, along with sponsors, are to be intimately involved in catechesis for Confirmation. This will help them renew and strengthen their own faith, besides enabling them to set a better example for their children. The parental program is an important element in planning for Confirmation for young children. (Paragraph #119 Sharing the Light of Faith, National Catechetical Directory for Catholics of the United States)

The involvement of parents in the catechetical preparation of their teenager is an integral part of the Confirmation Process. Recent Church documents, especially those related to family and to catechetical ministry, consistently reinforce the role of parents as the primary religious educators of their children. The National Catechetical Directory emphasizes the important of parent participation in the catechetical process of preparation for Confirmation. This preparation process is intended to challenge the candidates to examine their faith life and at the same time it calls parents to conversion and to new growth in faith.

During the course of the two-year preparation period, parents are invited to participate in certain meetings which the parish Confirmation coordinates. The following are examples of meetings. Teams need to select the meetings which are aligned to their program.

Participation is intended to help parents:
- Understand their role as models in the Christian development of their son/daughter.
- Deepen their own faith lives by involvement in sessions that relate to specific faith themes and major liturgical rites.
- Strengthen their family relationships and, together. Grow in their relationship with God.

Meetings take place within the various stages of the program. The following are suggestions for meetings within the stage.
- Spring Meeting for parents and eighth graders. (Meeting #1)
- Parent/ candidate meeting to explain Archdiocesan Guidelines. (Meeting #2)
- Parent/ Sponsor? Candidate meeting (#3, 4) in the welcoming stage.
MEETING #1
SPRING MEETING FOR PARENTS AND EIGHTH GRADERS

An Orientation Meeting for parents and candidates is an important component of the total parish plan for the Confirmation Process; it sets the tone for the entire process.

The Orientation Meeting addresses the following topics and direction:

• The model for the Confirmation Process and the various components, i.e. interviews, faith themes, retreats, service projects, special liturgies, etc.

• The role of parents in the Process, i.e. faith-shares, advisors and supporters who create in the home an atmosphere in which the candidates be encouraged and enabled to live out their Christian commitment. The role of parents is assigned the major portion of time at the orientation meeting.

• The role of sponsors and guidelines for selecting sponsors.

• An outline of faith themes to be covered during the Confirmation Preparation Process.

• A calendar of scheduled meetings retreats and liturgical events covering the two year Preparation Process is distributed and discussed.
MEETING #2
PARENT/ CANDIDATE MEETING TO EXPLAIN
ARCHDIOCESAN GUIDELINES

During the Preparation stage, an invitation is sent from the Parish to all high school students, their parents and interested adult, inviting them to attend a special session to discuss the Sacrament of Confirmation. This session will include the role which the sponsor will have during the two-year Confirmation Process.

This meeting includes the following topics:

I. Community-Building Experience.

II. Introduction of Confirmation Coordinating Team. Role of Confirmation Coordinating Team.

III. Review of Archdiocesan Confirmation Guidelines for the two-year Preparation Process.

IV. Role of the Parent.

V. Suggestions for Choosing a Sponsor
MEETING #3

PARENT, SPONSOR, CANDIDATE SESSION

The purpose of this session is to introduce Confirmation Preparation Process to all three groups. It should be done after all the interviews are completed. It is important that one group understands the role of the other two. This sample is geared to a Sunday afternoon from 1:30 p.m. - 7:00 p.m. This is an excellent opportunity to provide handouts on any/all aspects of the program. Meeting No. 4 is similar in make-up.

1:30 p.m. * Community-building experience (icebreaker)
2:00 p.m. * Welcome by Parish Confirmation Coordinating Team
   * Introduction of Confirmation Coordinating Team.
   * Each sponsor introduces his/her candidate, as well as the parents of the candidate.
2:15 p.m. * “What is this Sacrament of Confirmation all about?”
   * General introduction into Sacraments of Initiation.
2:45 p.m. * Break
3:00 p.m. * Small group presentation and discussion.

1. **Parents:** Explore the section from Diocesan Policy on “Parents” along with parish process and expectations. Be sure to cover the question of freedom concerning their son’s/daughter’s decision to enter this process. Ask the parents to encourage their children to come into the process with an open mind (especially at the onset as many youth might not say ‘yes’ right away). Encouraging the youth to be prepared and challenging them to be open to the joy of the process will help them benefit from the process.

2. **Sponsors:** Explore the section from Diocesan Policy on “Sponsors,” along with parish process and expectations. Be sure to cover:
   a. What is a sponsor? What is our Tradition?
   b. The practical ways that the sponsor should be interacting with the candidate.

3. **Candidates:** This is a good time for Community building among themselves, and answering practical questions about the Confirmation Process.

4:30 p.m. * Large group summary emphasizing the need for mutual support and prayer.
   I. Clarify role of each group.
   II. Emphasize the need for mutual support.
   III. Ask for group suggestions.
4:45 p.m. * Break
5:00 p.m. * Liturgy/ Prayer Experience
6:00 p.m. * Dinner
MEETING #4

PARENT, SPONSORSHIP, CANDIDATE SESSION

The purpose of this session is to explain the Confirmation Process to all three groups, with special emphasis on the role of the sponsor. (The following outline is only a suggestion. Meeting No. 3 is an option. Also, many Confirmation textbooks offer additional suggestions).

I. Introduction Welcome and Opening Prayer
   • Introduce the team.
   • Candidate, parents and sponsors introduce themselves to the entire group or to a small group.
   • Scripture reading or opening prayer.

II. Explanation of Confirmation Process
   • Using the Confirmation Guidelines, explain the two-year Confirmation Preparation Process
   • Review the rituals involved in the process.

III. Explanation of the Role of the Sponsor
   • Invite some sponsors from a previous year to tell about their experience of being a sponsor or to role-play a sponsor/candidate meeting.
After fully understanding the type of commitment the Confirmation Process requires, candidates, parents and sponsors each pledge themselves to begin the Process. Candidates, parents and sponsors pledge themselves or pray a blessing that starts them on their journey together.

**PARENT PLEDGE**

I BELIEVE THAT ____________________________ IS READY FOR CONFIRMATION.

I FULLY UNDERSTAND THE PREPARATION PROCESS AND THE COVENANT.

THE DIRECTOR AND CATECHIST OF THIS PROCESS WILL HAVE MY COMPLETE COOPERATION AND SUPPORT.

I WILL HELP MY TEENAGER IN ANY WAY I CAN.

I WILL BE SUPPORTIVE IN SERVICE PROJECTS.

I WILL ASSIST MY TEENAGER IN CHOOSING A SPONSOR AND WILL ENCOURAGE AND SUPPORT THAT SPONSOR.

I RECOGNIZE THIS AS A TIME OF RE-COMMITMENT WITHIN OUR FAMILY AND IN MY OWN FAITH LIFE.

I PRAY THAT THE HOLY SPIRIT WILL GUIDE AND DIRECT US DURING THIS TIME OF PREPARATION.

_________________________

Parent signature and date
SPONSOR PLEDGE

I BELIEVE THAT ________________________________ IS READY FOR CONFIRMATION.

I FULLY UNDERSTAND THE PREPARATION PROCESS AND THE COVENANT.

THE DIRECTOR AND CATECHIST OF THIS PROCESS WILL HAVE MY COMPLETE COOPERATION AND SUPPORT.

I WILL HELP MY CANDIDATE IN ANY WAY I CAN.

I WILL BE SUPPORTIVE IN SERVICE PROJECTS.

I RECOGNIZE THIS AS A TIME OF RE-COMMITMENT IN MY OWN FAITH LIFE.

I PRAY THAT THE HOLY SPIRIT WILL GUIDE AND DIRECT US DURING THIS TIME OF PREPARATION.

______________________________
Sponsor signature and date
CHAPTER 5

ROLE OF SPONSOR

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
ROLE OF THE SPONSOR

The candidate should be accompanied by a sponsor when he or she asks to be admitted as a candidate. The sponsor should be someone who knows the candidate, helps the candidate, and witnesses to the candidate’s morals, faith, and intention. *(The Rite of Christian Initiation of Adults, #42)*

In the early Church, most new members were adult converts. Each candidate had a sponsor who was a guide, spiritual companion, and witness to the faith of the candidate before the community.

In the Confirmation Preparation Process, the sponsor has a significant role in the faith development of the candidate. It is a call to be:

- A model of how a person of faith lives in today’s world.
- A friend who knows the candidate and can witness to the maturing faith of the candidate before the community.
- A guide, confidant, and listener.
- A learner who is interested in his/her own growth as he/she walks the faith journey with the candidate.
- A companion who will continue after Confirmation to walk the faith journey with the candidate and invite him/her into fuller participation in parish life and service.
- A practicing, confirmed Catholic.

EXPECTATIONS OF THE SPONSOR
Sponsorship in the Confirmation Process is a two-year commitment. Sponsors are invited to:

- Attend sessions with the candidate.
- Attend meetings, workshops or training sessions for sponsors.
- Participate in liturgical rites of the Confirmation process.
- Meet monthly with the candidate, outside of class time, to encourage and assist the candidate to grow in knowledge, in prayer, in service, in worship, and in participation in the parish Community (See Sponsor/Candidate Meeting No.1, No.2 and No.3).
- Participate in the activities of the two-year Confirmation Process with the candidate.
QUALIFICATIONS OF THE SPONSOR

• The sponsor should be at least 18 years of age, a mature person of faith, and a confirmed Catholic in good standing.
• The sponsor reflects Catholic Christian values in word, worship and service.
• The sponsor may be male or female, may be a Baptismal Sponsor, and may NOT be a parent of the candidate.
• A sponsor participates in activities of the two-year Confirmation Process with the candidate.
• A sponsor meets personally with his/her candidate on a regular basis to discuss candidate’s prayer life, to share faith and to answer questions.
• The sponsor is friendly, trustworthy and a good listener.
• It is helpful and advisable that sponsors are active members of the Parish.

CHOOSING AND TRAINING SPONSORS

During the initial meeting with the candidates and parents, expectations and qualifications of sponsors are explained and materials distributed to help the candidate choose a sponsor. These materials may include a form letter of invitation to the sponsor, and/or an explanation of sponsorship. Candidates then contacts the sponsor and invites the sponsor to a workshop for candidates, parents and sponsors.

SAMPLE SPONSOR SCHEDULE

JANUARY  Sponsor information meeting.
FEBRUARY  Sponsor adult religious education- For all new sponsors.
MARCH  Sponsor adult religious education- Second session.
APRIL  Sponsors and candidates meeting with parents.
MAY  Candidate/ sponsor evening of prayer;
Rite of welcome
INFORMATION FORM FOR CONFIRMATION SPONSOR

Name of Sponsor _______________________________________________________

Address _______________________________________________________________

Street     City    Zip Code

Phone Number (home) _______________________  (work) ________________

Are you a registered member of this Parish?    ____ _ Yes ____ No
If not which parish are you registered with?  __________________________________

Have you sponsored someone before?     _____ Yes __ __ No
For which Sacrament? ___________________________________________________

Do you still communicate with this person?    _____  Yes ____ No

What do you believe, are your qualifications do you have to be a sponsor? __________
_____________________________________________________________________

Do you feel comfortable sharing your faith experiences with the youth and the
Confirmation community? _____________________________________________

What are your hopes for this new process? ___________________________________
_____________________________________________________________________

Name of the candidate you wish to sponsor: __________________________________

Are you able to attend the meetings scheduled for the sponsor participation?

_____ Yes   ____ No

Are you willing to communicate with the candidate at least once a month to review
his/her progress?        _____ Yes  ____ No

Can you commit yourself to journey the 2 years with the candidate?

_____ Yes   ____No
IDEAS FOR MONTHLY MEETING OF SPONSOR WITH CANDIDATE

Choose one or make up your own.

1. Plan and execute a service project together.
   - Arrange to visit one of the social agencies in the Archdiocese. (Catholic Charities)
   - Nursing Homes
   - Orphanage
   - Homeless
   - School for Handicapped
   - Soup Kitchen
   - Other

2. Go on an outing together
   - MacDonald’s
   - Sports event
   - A drive
   - Movie
   - Shopping
   - Other

SPONSOR’S CHECKLIST

When appropriate or recommended, attend meeting with your candidate.

Greet your candidate when he/she arrives for the meeting. Make sure he/she feels welcome has a place to sit. Your hospitality, especially in these early meeting is vital.

Make an occasional phone call. When there is a meeting, call your candidate to see of a ride is needed or if you could possibly go together. If a meeting is missed, a phone call the next say will reassure your candidate and provide another opportunity to just “talk” and get acquainted- be there for this young person.
Invite your candidate to Mass or another service of prayer. Explain what it’s meaning is to you. Remember example is powerful.

If you sense that a candidate had a difficult time understanding what was said or experienced at a group session, do not hesitate to ask if you can help. Don’t push, but do offer. You can also be sensitive to other personal concerns of your candidate. If you journey with him/her for two years, there will sometimes be the need to listen to whatever is troubling your candidates, but in particular for your candidate. Take the initiative in responding to needs.

Pray daily for all the candidates, but in particular for your candidate.

A nice idea, if your feel comfortable, is to invite the candidate and his/her family for dinner.

Arrange to visit one of the social agencies in the diocese or special ministry sites to witness the Church at work. Try to plan your visit with a candidate in such a way that you can volunteer a few hours day’s time assisting in the work. Some of these sites might include a nursing home, orphanage, and school for exceptional children, s soup line, one of the agencies or centers of Catholic Charities, a prison. Be sure to spend some time after your visit discussing your experience. (Check your local agencies.)

Invite the candidate to parish functions other besides Sunday Liturgy. Some parishes sponsor Eucharistic preparation program, plays, renewal missions and even bingo.

Take time to explain the holy days and feasts of our tradition, this is a wonderful opportunity to witness to your faith. Explain the Church’s fast and abstinence laws as well as the communion fast. This may should elementary, but candidates may need a refresher in basics!

**Before attending the rite of Promise into the Process:** Review the responses the meaning of the sign of the cross.

**Before the Rite of Commitment to the Journey,** obtain a copy of the prayers and responses and discuss this with your candidate.

**Before the Rite of Confirmation,** support the candidates in the final preparations for the Sacrament by reviewing the liturgy and ritual.

Keep a journal of your own thoughts questions through the journey.
CANDIDATE-SPONSOR

Meeting #1: EUCHARIST REFLECTION

The word “Eucharist” means *THANKSGIVING*. What are you thankful for in your life?

Describe a time when receiving Eucharist really made you feel closer to Jesus.

How would you feel about Jesus if you were one of the 5,000+ people who came to hear His words and, to your surprise, you found yourself sharing a meal a bread and fish with the entire group present?

If you were trying to prove to someone that you loved them, and they gave you a loaf of bread and one week to do something with it to prove your love? What would you do?

What is your favorite type of liturgy? (Quiet, musical, family?) Why?
CANDIDATE-SPONSOR
MEETING #2: PRAYER REFLECTION

Prayer: How, when, where, why?

Which line in the “Our Father” do you find the easiest to pray? Why? Which line in the “Our Father” is the most difficult for you to pray? Why?

How has the prayer become “more” or “less” important to you since you began this Confirmation Journey?

Describe your favorite place to pray and mention your favorite time of day to pray. Do you pray at all times? When you are happy, sad, etc.?

How has God responded to your personal prayer? Has God said, “yes, no, wait a while, or “perhaps there is a better way to do this?” Explain.

How has prayer helped you to draw closer to the Lord?
CANDIDATE-SPONSOR
MEETING #3: FAMILY RELATIONSHIPS

• What are some of the barriers in family communication?
• What is one thing you could do to improve communication in your family?
• How has believing in Jesus affected the way you treat others in your family?
• What my family needs most right now is…
• What I can give to my family right now is…

SPONSOR’S PRAYER

God of all ages,
You send out Your Spirit
to touch the hearts of people
so that they may believe in You
and in Jesus whom You sent.
Look kindly on all teenagers
as they listen to Your voice,
Open their hearts to Your Spirit
and bring to fulfillment
the good work You have begun in them.
As I reach out
to welcome these members of our church
make me an instrument of Your love.
Teach me to reverence that is holy in others,
and to be patient with what I do not understand.
Deepen my faith in the Gospel
and help me to pass it on by good example,
With those who are hesitant and afraid
let me be a source of encouragement.
An with those who are weak
Let me be a pillar of strength.
I humbly accept the ministry of Sponsor
and pray that You will continue
to guide me and sustain me
in welcoming new members into Your household.
We praise You through Christ our Lord.
Amen.
CHAPTER 6

ROLE OF THE CANDIDATE
AND INTERVIEW PROCESS

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
SUGGESTED
CONFIRMATION INTERVIEW PROCESS

The purpose of these interviews is to help candidates make a self assessment of their own faith journey.

FIRST INTERVIEW

1. Candidate will have received a personal invitation to participate in the Confirmation Process.
2. Parent will follow-up letter registration form to be filled out and brought to the interview.
3. Interview will be approximately 15 minutes long with the candidate. Then calendar of meetings will be given to the candidate.

Interview Questions and procedures

1. Greet the candidate with a handshake.
2. Express the community’s willingness to have him/her participate in this Process.

Questions:

1. Why do you want to enter the Confirmation Process?
2. Do you have any questions about this Process? (If needed, give basic outline of Process)
3. How do you feel about being here? (Parent’s influence? etc.)
4. How do you think your parents feel about the new Process?
5. What do you know about your own Baptism? Who are your Godparents? What does Baptism meant to you? What does the Church mean to you?
6. Are you ready to deepen your prayer life, your understand doing of Scripture, and your service to God and to others? How? (This last question may need to be reworded depending on the candidate being interviewed.)
SECOND INTERVIEW

QUESTIONS:

1. Why do you want to be confirmed?
2. Who is your sponsor? How was he or she benefit to your process?
3. Do you have questions or concerns regarding Confirmation or Catholicism that were not answered during the process?
4. What type of service did you participate in? How did it affect you? Will you continue to do service?
5. What was your favorite class during the process? Do you think the classes helped you understanding how being Catholic fits into your everyday life? Why or why not?
6. What is your favorite style of prayer? Describe your prayer life.
7. What type of activities will you participate in once you’re ‘done’ with Confirmation? What should we add to the youth program?
8. What would have made the Confirmation preparation process better?
“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
FAITH THEMES

The Catechetical component provides foundations for prayer and worship, service opportunities, retreat experiences and community building. This process encourages full and active participation of all involved and calls on the community to celebrate significant moments in the candidates, faith journey. (Archdiocese of Los Angeles, Office of Religious Education Guidelines p.1)

The philosophy of the Confirmation Preparation Process is integrated into the presentation of faith themes. This includes:

a) content
b) prayer
c) reflection
d) experiences,
e) assimilation

In presenting the faith theme, the Lectionary can also be used as a basis for assimilating the Gospel into the candidates' lives. Learning about the liturgical seasons can be a part of the faith component and does not necessarily have to be a separate lesson. This is accomplished by teaching, providing a variety of activities, and providing time for discussions. Lecture, as methodology, should be minimal.

In reviewing these faith themes, coordinators should decide if several themes need to be combined because the specific model is being used by the parish. If the candidates need more time on a particular subject, it is always an option to expand on any faith theme.

FAITH THEME OBJECTIVES COMPONENT

YEAR I- WELCOMING INITIAL STAGE- September through November (approximately)

The emphasis during the welcoming/ initial stage is on sharing the faith journey and growing as a faith community. This involves sharing in the following areas:

A Journey/ Faith Story

- To get acquainted with each other, with Jesus, and the parish community.
- Listen to each other’s story and reflect on Jesus’ story found on Scripture.
- To understand, as Catholics, we belong to a parish
- To realize that we need friendship with each other and with Jesus.
- This makes community.
- To initiate opportunities and experiences to aid youth in family community with sensitivity to the various components which make “family” today.
B. Personal Giftedness
   o To recognize that before we can really know God and serve others, we must learn to accept ourselves.
   o To look at self acceptance and self worth. This is done through listening and telling our stories.

C. Jesus
   o To reflect on the Person of Jesus as seen in Scripture.
   o To reflect on Jesus as a Man of Prayer.
   o To reflect on Jesus as the Son of God.
   o To reflect on Jesus as the Model of Friend
   o To reflect on Jesus as the Model of Forgiveness.
   o To reflect on Jesus as the Model of Service.
   o To reflect on Jesus as the Model of Moral Behavior.
   o To reflect on the Death on Resurrection of Jesus as the central event in our Christian life.

D. The Call to Follow Jesus
   o To see Scripture and Church call faithful to discipleship a deeper meaning of Confirmation.
   o To reflect on being called by name.
   o To help the candidates realize the on-going responsibility to live by God’s Word as their response in faith because of their commitment to the Catholic Church (Confirmation not an ending, but a new beginning).

YEAR 1 CATECHETICAL/ COMMUNITY BUILDING STAGE-
December through June (approximately.)

The emphasis during the Catechetical/ Community Building Stage is continued to help the candidates to grow in an understanding of what it means to live the Catholic Christian faith. The following faith themes are addressed; and the foundation for themes are drawn Scripture and tradition of the Church:

A. Church
   o To reflect on Church heroines- saints. This can include people of today and of recent history who exemplify values worth living.
   o To learn what it means to be Church. This includes study-of past, present, and future.
   o To introduce various models of Church.
- To define sin by looking at moral issues facing high school youth.
- To explore Scripture to understanding Jesus’ message of sin and forgiveness.
- To help youth make informed and reasoned judgments regarding their responses to the influence of media (sex, violence, substance abuse, etc.).
- To grow in awareness of Jesus as Model or moral behavior.
- To become more aware of personhood and the value and dignity of human life—conception to death.
- To help youth learn to make good moral decisions based on Scripture of Catholic values.

C. Liturgy & Liturgical Seasons, Worship and Prayer
- To reflect on the various forms of prayer.
- To reflect on the Eucharistic Liturgy as the height of prayer.
- To reflect on the Jesus as Model of prayer.
- To reflect on the meaning of the season of Advent.
- To reflect on the meaning of Christmas.
- To introduce Lent as a season of preparation relating to the Confirmation Preparation Process.
- To reflect on the meaning of Pentecost.

D. Scripture
- To introduce the Christian Scriptures as a biased account of the faith community. To understand the importance of Jesus’ story in living now.
- To introduce the infancy narratives.
- To teach Mary’s role as Mother of Jesus.
- To introduce how the Gospel Portrait of Jesus is a Message of Faith today.
- To look at the parables and miracles of Jesus as recorded in the Scripture.
- To explore the relevancy of the parables and miracles in the life of a teen.

YEAR II - CONFIRMATION-YEAR II- September through June (approximately.)

The emphasis during the Catechetical/community Building Stage is continued to help the candidates to growing an understanding of what it means to live the Catholic Christian Faith. The following faith themes are addressed; and the foundation for these themes are drawn from Scripture and tradition of the Church.
FAITH THEMES FOR YEAR II

A. Justice and Service
   o To teach the principles of social Justice as reflected in Catholic tradition.
   o To build awareness of the need to respect the environment as God’s gift to humankind.
   o To explore the role of service in the Catholic Christian.
   o To realize Jesus is the model of service.

B. Human Sexuality
   o To teach sexuality and dating from a mature perspective, reflecting Catholic values.
   o To show how media affects our sexual attitudes.
   o See Human Sexuality Guidelines.

C. Catholic Belief & Practices
   o To learn the meaning of symbols in the Catholic tradition.
   o To review discipleship, service, and worship as part of the life of a mature Confirmed Catholic way of life.
   o To define commitment to the Church.
   o To discuss the Creed as basis of beliefs.

YEAR II- SACRAMENTAL PREPARATION STAGE- March through May (approximately)

The emphasis during the sacramental preparation stage is on understanding and preparing for the Rite of Confirmation. At this time, the candidates continue to study the sacrament of Confirmation.

FAITH THEMES FOR SACRAMENTAL PREPARATION STAGE

Theology of the Sacraments with a Special Emphasis on Confirmation
   o To teach the meaning of Baptism, sacrament of belonging, and its relationship to being Church today.
   o To introduce Confirmation and its relationship to Baptism
   o To introduce the meaning of sponsorship.
   o To teach the meaning and rites of celebrating the sacrament of Confirmation
   o To review the history of Confirmation and recall the meaning and connection to of witnessing to Jesus.
   o To teach the Gifts of the Holy Spirit as they relate to high school youth and their life experiences.
   o To introduce the symbols of Confirmation.
o To examine Eucharist as central sacrament in our Catholic tradition. (A Scripture Study of Last Supper reading is appropriate.)

o To illustrate to youth how we, as Church, celebrate God’s loving forgiveness in the
  o Sacrament of Reconciliation.

o To teach the meaning of the sacrament of Matrimony

o To teach the meaning of the sacrament of Holy Orders

o To teach the meaning of the sacrament of Anointing of the Sick

**DISCIPLESHIP STAGE** - begins at Confirmation and is ongoing. Youth connects with Youth Ministry.
RESOURCES FOR CATECHETICAL SESSION PLANNING.

These texts are commonly used throughout the archdiocese.

Anointed and Sealed with the Spirit- Publisher: Living the Good News 600 Grant Street, Denver, CO, 80203, (303)832-4427, morehousegroup.com

Celebrating Our Faith- Publisher: Harcourt Religion (was Brown-Roa) 1665 Embassy West Drive, Suite 200, Dubuque, Iowa, 52002, (319) 557-3700, harcourtreligion.com

Confirmed in a Faithful Community- Publisher: Saint May’s press, Terrace Heights, Winona, Minnesota 55987 (800)533-8095, smp.org

Confirmed in the Spirit- Publisher: Loyola University Press, 3441 N. Ashland Ave, Chicago, IL, 60657 (800) 621-1008 loyolapress.org

Confirming Disciples- Publisher: Center for Ministry Development, P.O. Box 699, Naugatuck, Connecticut, 06770 (203)723-1622, cmdnet.org

Connect- Publisher: Silver Burdett & Ginn, Customer Service Center, 4350 Equity Drive, Columbus, Ohio, 43216-2649, (800) 848-9500, sbgreligion.com

Developing Faith- Publisher: Ave Maria Press, Noire Dame, Indiana 46556-9989 (219) 287-2831 avemariapress.com

Horizons- Publisher: Saint Mary’s Press, Terrace Heights, Winona, Minnesota 55987 (800)533-8095 smp.org

Sacraments- Rites of Conversion- Publisher: Resources for Christian Living, P.O. Box 7000, Allen, TX, 7501-1305 (877) 275-4725, relweb.com

The Spirit Sets us Free- Publisher: William H. Sadlier, 9 Pine Street, New York, NY, 10005-1002, 1-800-221-5175, sadlier.com

Sealed With the Spirit- Publisher: Harcourt Religion (formerly Brown-Roa 1665 Embassy West Drive, Suite 200, Dubuque, Iowa, 52002, (319)557-3700, harcourtreligion.com

Water and Spirit- Publisher: Benziger PO Box 543, Blacklick, Ohio, 43004-0543, glencoe.com/benziger
CHAPTER 8

RITUALS

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
RITUALS DURING THE CONFIRMATION PREPARATION PERIOD

The Challenge of Catholic Youth Evangelization, a recent (1993) document issued by the National Federation for Catholic Youth Ministry, calls upon youth ministers to invite the entire church community to evangelize today’s young people. This crucial emphasis on inviting the entire church assembly to evangelize creates a partnership that is necessary for effective evangelization. The evangelizing community desired by those ministering to youth echoes the description of a welcoming parish during the Confirmation Preparation Period. Both the Confirmation Preparation period and the community celebrate the story, become the story, welcome and offer hospitality, value the people, invite responsive participation and involvement, and offer a place to gather. Evangelization challenges the sponsoring and inviting community to walk with its young people and not to rush toward rites of passage.

The Challenge declares, “Youth need to experience the full ritual expression of our sacraments and to be active participants in the celebration of those sacraments.” For participation in the sacramental life of the church to be an integral and valued part of a young person’s life, they must have an awareness of the Paschal Mystery- the life, death and resurrection of the incarnate Word of God, Jesus Christ- and its transformative power within the Christian’s life. Taking our cue from the Rite of Christian Initiation rituals, Confirmation Coordinators should strive to fashion and celebrate robust rituals that proclaim a joyful, honest welcome; that offer a generous anointing of the body and senses already consecrated in baptism, enrollment of names, and then formally hand on part of the Church’s treasures, the Creed and the Lord’s Prayer. All these ritual celebrations should draw the young people into the minds of the community, which would be present and actively engaged in acts of affirmation. If the rituals are to be celebrated with the assembly, it is wise to inform the congregation a week before (through bulletin articles and verbal announcements) that a ritual is to be celebrated. As the liturgy begins, the Confirmation Coordinator may invite the assembly to participate and respond; during the ritual itself the presider, musicians and other ministers help the assembly to feel comfortable with the action.

Generally there are seven rituals which occur during the Confirmation Preparation Process. There are four rituals in Year I and three in Year II. For Year I the rituals are Beginning the Journey, Ritual of Promise, Covenant Call to Conversion, and Renewal of Baptismal Promises. For Year II the rituals are Blessing of Sponsors and Candidates, Commitment to the Journey, and Ritual of Affirming Confirmation Candidates.

Each Ritual is scripted; see samples enclosed. All of these are suggestions, and they may be adapted to meet your parish’s needs.
RITUALS AND PRAYER SERVICES

DURING THE CONFIRMATION

PREPARATION PERIOD

YEAR I
BEGINNING THE JOURNEY

PRAYER SERVICE AT PARENT/ CANDIDATE ORIENTATION MEETING

Introduction
This prayer service can be used at the end of a parent/ candidate meeting or when candidates are gathered at the beginning of the Confirmation Process.

Materials
Song: “Messiah” by Tom Franzak
Small smooth rocks (may be purchased at a plant & garden store)
Markers or gold liquid pen
Prayer Table with one larger rock

Order of Service
Leader: Let us pray. In the name of the Father, of the Son and Holy Spirit. Amen

Song: “Messiah” by Tom Franzak

Reader: A reading from the Gospel of Matthew (Mt 16:13-19)

Response: You are the Christ, the son of the living God. Give us strength to follow you.

Leader: Who do you say I am?
Some say a prophet
Some say Elijah

Response: You are the Christ, the Son of the living God
Give us strength to follow you.

Leader: There are so many stars. And so many people look to them. As if they could take them somewhere. But they are just like you me. Looking for the answers everywhere.
Response: You are the Christ, the Son of the Living God. Give us strength to follow you.

Leader: We can look to the Riding Star. The Star who leads us out of the night. Shows us how to live in the light. Show us the heavenly way.

Response: You are the Christ, the Son of the living God. Give us strength to follow you.

Reflection: Each of us brings a special gift or quality to his or her Church. Blessed are you, for you are the rock, and on this rock we will build our Church. Look within yourself. What gift do you bring? Take a rock and draw an image of your gift. On the reverse side write your name. When you have finished, place it on the prayer table.

Response: (As candidates approach they may say. “I am the rock, and on this rock we will build Church.”)

Leader: May the Lord bless these candidates. We ask the Holy Spirit to be your strength and your light. May God bless you in the name of the Father, the Son and the Holy Spirit.

All: Amen.
**RITUAL OF PROMISE**

**CONFIRMATION CANDIDATES & SPONSORS EUCHARISTIC LITURGY**

As the candidates formally begin this part of the preparation for Celebration of Confirmation

**Introduction to Ritual of Promise**

This ritual should be done in the Fall of the first year after candidates have begun their sessions. It is ritual that affirms the significance of the promise of the candidates to continue their journey towards confirmation by placing immediately after it the promise of the sponsors and the entire assembly to support the candidates.

**Set-up Materials**

Before the ritual begins, meet with sponsors. Explain their role, the meaning of this ritual, and give them 36” long white ribbons secured with a small lapel pin cross that will go over the candidates’ heads.

**Entrance Procession:** During song, the candidates and their sponsors are led into the Church by the cross bearer. They will have reserved seating in the front pews. After the Homily, candidates will be asked to stand.

Presider: Inviting the candidates to stand, asks, “Why have you come here today?”

Candidates: To continue our journey toward Confirmation.

Presider: Why are you choosing the Sacrament of Confirmation?

Candidates: We wish to grow on our Catholic Faith and complete our initiation sacraments.

Presider: God has created the world and each of us; it is only in God that all living things have their existence. God fills our minds with light so that we may come to know and worship Him. He also sent His faithful witness, Jesus Christ, so that we might have life and have more abundantly. Are you ready, with the help of the Holy Spirit, to grow in discipleship and witness the Message of Jesus?

Candidates: We are.

Presider: Sponsors, please stand. My brothers and sisters, you have accepted the role of sponsor, are you ready to help these candidates come to know and follow Christ.
Sponsors: We are.

Presider: Address the assembly and ask, “People of God do you Promise to pay for and support these candidates?

Assembly: We do.

Presider: The Cross is a mark of our belonging to Christ. Sponsors, hold up the white ribbon and cross given to you earlier. Creator God, bless these crosses as signs of the candidates’ commitment to continue their journey in faith as followers of Jesus. May this white ribbon remind them of Baptism, and their Initiation into the Catholic Church. May the Holy Spirit bless these sponsors and candidates as they begin this special relationship of friendship, witness and prayer.

All: Amen.

Presider: Sponsors, place the ribbon and cross over the shoulders of your candidates.

Allow Sponsor and Candidate to express appreciation and affirmation of this new relationship with a hug, handshake or embrace.
**COVENANT CALL TO CONVERSION**

**AFFIRMING OF NAMES**

**Introduction**
Covenant Call to Conversion, Affirming of Names is based upon the story of the testing of Abraham. Participants are invited to reflect on either their baptismal name or their chosen confirmation name, and their willingness to offer their own lives. This offering of themselves is a symbolic gesture of the kind of sacrifice Jesus made for all of us. This ritual may be done during a catechetical session.

**Set-up**

**Before the Ritual**
- Make sure the candidates know they will be asked to share their baptism/confirmation name at this ritual. If they are electing to keep their baptismal name, ask them to research why this person’s life is an example in their own life.
- Take Mexican pebbles, (black, smooth stones that you can purchase in bags at stores like Home Depot). With gold paint pens, write each candidates name on one side of the stone. Place them around the room you are using for this prayer services.
- Have about ten extra paint pens. (perhaps gold ones)
- Have one different and larger stone with Jesus written on it.
- Select four readers and give them copy of the text. Have a list of the names of all the candidates.

**Worship Space**
If using the Church building, use the altar as the site to place the rocks. If the Church is not the ideal choice for your group, any room with a special table to act as an altar will suffice.

**Environment Note**
As candidates enter the room there should be meditative music playing and soft lighting.

**Ministers Needed**
Presider
Four readers

**Order of Service**
Presider: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.
Presider: We have come here today to celebrate the gift of naming. When God touches us, wonderful and new things happen.

The Presider talks about his/ her own confirmation name. How he/ she came to choose it and what it has meant to them.

Please listen to God’s word. –Reading Genesis 22:1-18
Reader 1: God tested Abraham Reader 2: “Abraham!” Reader 3: “Here I am”

Reader 4: God’s voice is heard again today as the names of the candidates are called one by one. (If possible, read each candidates name.)

Reader 1: Are you ready to offer what is most precious to you in the way that Abraham offered his most dear possession, his son Isaac?

Reader 2: Are you ready to surrender the gift if your very self?

Reader 3: Abraham made his preparations set out with his son Isaac to the place of which God had told him.

Reader 4: Let us now locate our personalized stones, and then gather around the prayer center; the stone with our Savior’s name on it. (Allow time for each to find their stones. When all are around the altar, continue the reading.)

Reader 1: On the third day Abraham caught sight of the place from altar

Reader 2: When they came to the place of which God told him.

Reader 3: Abraham built an altar there and made ready to offer his only son.

Reader 4: Another Son has become the cornerstone of the living altar.

Reader 1: Today we offer our own Isaacs- our very selves- to the building up of this living temple.

Reader 4: Write your confirmation name on the other side of the stone. As you place your stone on the altar say something like; I am named Mike, and I would like to be confirmed with that name. I hope to be strong like the Archangel Michael. Or, I am called Mike, and I ask God to confirm me with the name Peter because I would like to be like pour first church leader. (With a large group, names could previously be written on rocks to keep the time down.)

Closing Song: “You are Mine,” by David Haas collection entitled, “Who Calls You by Name,” volumes one and two. Available through GIA, 7404 S. Mason Ave, Chicago, IL 60538
RENEWAL OF BAPTISMAL PROMISES

**Introduction**
The ritual of the Renewal of Baptism Promises bring young people in touch with their baptismal commitment and the responsibilities that sacrament. The ritual could follow a catechetical session based on the Creed, commitment or baptism.

**Set-up Materials**
Each candidate needs a little cup of water.
Each candidate needs a little slip of paper with a phrase.
A creedal piece of Music, and player.

Some suggestion:
- Grayson Warren Brown’s: “The Creed (We Believe)”
- Christopher Walker’s: “We Believe”
- John Michael Talbot’s: “Creed”

**Environmental Note**
All the cups of water should be in place.
All the slips of paper need to be ready.

**Worship Space**
Ideally you will gather around your baptismal font in the church. If the font is not available, do this ritual with a large bowl acting as a font.

**Ministers Needed**
Presider (one of the priests or the Confirmation Coordinator)

**Order of Service**
Presider: In the name of the Father, and of the Son, and Of the Holy Spirit

All: Amen.

Presider: Today we will call upon our God, and we will renew our baptismal promises.
Renunciation of Sin
Dear friends, let us pray for ourselves, our families and our friends. Through Jesus we have been called to live in God's light. Through the paschal mystery we have been buried with Chris in baptism, so that we may rise with him to newness of life. Let us renew the promises we made in baptism, when we rejected Satan and his works and promised to sever God faithful in the Holy Catholic Church.

And so I ask all Present:

Presider: Do you reject sin so as to live in the freedom of God's Children?
All: I do.

Presider: Do you reject the glamour of evil, and refuse to be mastered by sin?
All: I do.

Presider: DO you reject Satan, Father of sin and price of darkness?
All: I do.

Profession of Faith
Presider: Do you believe in God, the Father almighty, creator of heaven and earth?
All: I do.

Presider: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?
All: I do.

Presider: Do you believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, and the forgiveness of sins, the resurrections of the body, and the life everlasting?
All: I do.

Presider: This is our faith! This is faith of the Church!

Song: (see notes above)

Presider: We would now like to invite our candidates to came close to the front, read their statement and then pour their water into the font. As they finish would a response:

All: Thanks be to God.

Allow the candidates to read their statements.

Presider: I now invite you to share the gift of God’s peace with one another, to love and support one another to live as Jesus would want you to live.

Presider: This ends our prayer, “Go in peace” to live the Gospel message.

All: Thanks be to God.
(Cut and distribute to each candidate just prior to the Profession of Faith)

1. Help me to avoid evil
2. Let me enjoy the goodness of God
3. Help me to open my heart to God
4. Let me enjoy being a child of God
5. Help me to admit my weakness and allow God to help
6. Help me to express sorrow for my sins
7. Let me thank God for my many blessings
8. Help me to live by the words Jesus gave to us
9. Help me to always walk in the light of Christ
10. Help me to avoid those things which are evil
11. Help me to live within the church, bringing
12. Help me to use words of kindness to all I meet
13. Help me to pray for my enemies
14. Help me to be generous
15. Help me to avoid stubbornness
16. Help me to love my family
17. Help me to show respect to my teachers
18. Help me with the gift of wisdom
19. Make the gift of wonder and awe present in my life
20. Help me to make good decisions
21. Help me to take care of my body
22. Help me get along with my siblings
23. Give me Right Judgment
24. Help me to be more understanding
25. Help me to pray for world peace
26. Allow me to be reverent in all that I do
27. Help me to understand the gifts of the Spirit
28. Help me to use the gifts of the Spirit
29. Show me your truths light to all
30. Help me to love those who are difficult
31. Help me to understand your will
32. Help me when things are hard
33. Help me when people hurt me
34. Help me love life
35. Help me to care for our world
36. Help me to make the right decisions
37. Help me to become more peaceful
38. Allow me to do your will
RITUALS AND PRAYER SERVICES

DURING THE CONFIRMATION

PREPARATION PERIOD

YEAR II
BLESSING OF SPONSOR AND CANDIDATES

Introduction
This Ritual should follow a Sponsor and Candidate Session.

Set Up Materials
- A ‘holy table’
- Little vessels for oil (one per candidate/ sponsor pair is ideal)
- Body Oil
- Several wrapped gifts on the “Holy Table”
- CD of Taize, “Veni Sancte Spiritus”

Worship Space
Ideally you will gather around the “Holy Table.”

Environment Note
The lighting of a candle can change the mood, but do it when the group is quiet and make enlarged gestures.

Ministers Needed
1. Presider
2. Readers

Order of Service

Gathering Song
Candle is lit at this point

Presider: God brings us together as a community to be reminded of God’s faithfulness to us and promise to be ever present. We have the awesome privilege of preparing to celebrate God’s presence in an even deeper, fuller way. Jesus told us whenever two are more are gathered; there I am. Our relationship, that of sponsor and candidate, is a special one. One that is growing. Hopefully both of us will grow to know one another and God more and more during this journey

Reading: 1 Corinthians 12: 1-11
Presider: The preside shares about gift... the gift of friendship, the developing and renewing relationship between candidate and sponsor. In a moment, we will share in an ancient practice of anointing. Share the values of anointing, how it gives strength, and how it is a holy experience.

Reading: Exodus 30:22-33

Presider: Invite the sponsor to take some oil and place it on the hands of their candidate as they pray for their candidate’s growth toward holiness. Softly in the background play the music “Veni Sancte Spiritus."

Reading: Mark 14:3-9

Presider: Invite the candidates to take some oil and anoint the hands of their sponsors and make up a prayer of how they will be praying for their sponsors’ growth toward holiness. Softly in the background play the music “Veni Sancte Spiritus.”

Communal Prayer

Petitions

(If the group is small, the leader invites the participants to voice their own prayers, using the response, “Lord, hear our prayer. “If the group is large, being with petition below and welcome prayers from the participants.)

For the hopes and the dreams, the challenges and the struggles of the young people of our parish, we pray…

For the hopes and the dreams, the challenges and the struggles of the sponsors of our youth, we pray…

For the unique gift that each of us is challenged to discover in order that we might share it in service to each other, we pray…

For our parish community, that it might challenge us, Confirmation candidates and families, to enter into a prayerful preparation for the sacraments, we pray…

Presider: Lord bless these candidates and sponsors and their relationships. Guide them and their families as they learn more about you, God. Go then, in the Peace of the Lord.

All: Amen

Closing Song
COMMITMENT TO THE JOURNEY
EUCHARISTIC CELEBRATION WITH: CANDIDATE AND SPONSOR

Focus
To recognize and celebrate the journey of faith that the young people are making toward the celebration of the Sacrament of Confirmation. This ritual marks the beginning of Year II, Confirmation Preparation.

Set-up Materials
- Table near altar
- Candles (one per candidate)

Prepare a table near the altar with candles for each of the candidates. Votive candles may be used or personalized taper candles. This ritual could also take place after the Communion Prayer in which the candidates and sponsors would process out the church with the presider allowing the candidates to carry their lit candles.

Opening Song
“Here I am Lord”
(Youth process into church prior to Mass with their sponsors.)

Introductory Rites
- Greeting and Introduction
- The Presider explains the ritual in a few words.
- Opening Prayer
- Liturgy of the Word

Homily
A short explanation of the ritual should be included in the homily perhaps commenting on some of the highlights of the past year and a half.

Promise of Commitment
Leader: The day of Confirmation is drawing near and so these candidates whom I now present to you are completing their period of preparation. They have found strength and support in our community’s prayers and examples. Now
they request the next step toward completing their Sacrament of Initiation.

Presider: All Confirmation candidates who wish to respond to the call of Jesus to follow Him as full members of His Church, please come forward with your sponsor when your name is called. (For large groups, calling of names may be omitted)

(Candidates come forward as their names are called, take a their candle and light it from the table in front of the altar and stand side by side facing the assembly on the sanctuary steps.)

Presider: (Addressing the assembly and sponsors): My brothers and sisters, these candidates have asked to complete the Sacrament of Initiation into the life of the Church. Those who know them have judged them to be sincere in their desire. The candidates have shown that they have heard the Word of the Lord, and have endeavored to follow him accordingly. They have shared in the company and in prayer with their friends; and so I announce to all of you here of our community’s decision to call them to the sacrament of Confirmation. Now, I ask you, the member of (parish name), if you are willing to affirm the testimony expressed about these candidates and support them in faith, prayer and example. Please say “We are.”

All: We are.

Presider: My dear candidates, since you have heard the call of Christ, you must now express your response clearly and in the presence of the community. Therefore, do you wish to enter fully into the life of the church the sacrament of Confirmation?

Candidates: We do.

Presider: I invite the sponsors to place their hands on their candidates shoulders. Let us pray: Take and receive this light as a remembrance of the candle your parents held for you at your own Baptism. In the sacrament of Confirmation, you have chosen accept the light of faith. May this light continue to burn in your life and guide you on your journey of faith. May sin and sickness be burned away by the light of this candle. And, when the Lord come, may you with this light, go out to meet Him with all the saints in the heavenly kingdom. We ask this through Christ our Lord.

All: Amen. (Candidates return to their seats and extinguish the candles) The Mass continues.
RITUAL OF AFFIRMING CONFIRMATION CANDIDATES
TO CELEBRATE THE BEGINNING OF
IMMEDIATE PREPARATION FOR CONFIRMATION

Introduction: (Ordinarily, February-March of Year II)
This can be done at a Sunday Mass, general meeting of candidates and sponsors, or prayer service in Church with candidates and sponsors.

Before prayer experience or Mass
Offer Candidates the opportunity to formalize the community to immediate preparation for Confirmation. Sponsors can also express their commitment to help and support their candidate.

Suggestions are: using a large page from a scrap book entitled: “As a Confirmation candidate, I promise to seriously and prayerfully prepare to celebrate Confirmation.”

Candidates sign their names as they make this promise.

Sponsors witness as a sign of their support they make this promise.

Or, each candidate can write a letter of intent stating they are ready to begin their immediate preparation for confirmation.

Pages can be presented as part of the Mass or prayer service.

Or, names of candidates for Confirmation can be displayed in the Church or prayer space. Use butcher pare and carefully print or write each candidate’s name. Be sure to indicate these are the youth who will be celebrating Confirmation.

Order of Service
After the Homily, a member of the Confirmation Team presents the candidates to the community.

Leader: These candidates are beginning the immediate preparation for Confirmation. They have prepared through prayer, scripture, service and participation in the Eucharist. At this time, we wish to affirm their continued growth in their spiritual journey. They have been supported by the example and prayers of this community.

Presider: All Confirmation candidates who wish to respond to the call of Jesus to follow Him, please stand with your sponsor.
Presider:  (to the sponsors)
My brothers and sisters, these candidates are about to begin the immediate preparation for Confirmation. Your support and commitment to these candidates is a witness of our faith. You who know them, judge them to be sincere in their desire. The candidates have shown that they have heard the Word of the Lord, and have attempted to shape their lives accordingly. Will you continue to walk with them as they enter into the immediate preparation for Confirmation?

Sponsor:  We will.

Presider:  (Turning to the Assembly)
Faithful People of God, do you support and affirm these candidates in their call to receive the Sacrament of Confirmation?

Assembly:  We do

At this time the Presider should instruct the congregation the formal commitment which took place earlier- this is the candidate’s concrete testimony to his/ her initiation. This book may be brought into the church during the procession by a candidate or Confirmation Coordinator.

Presider:  I invite the sponsors to place their hands on their candidates shoulders.
Let us pray: God of Love, you wish to make all things new in Christ and to draw all people to you. Guide and govern these candidates. Prepare them to be sealed with the promised Gift of the Holy Spirit as they continue their spiritual journey. We ask this through Christ our Lord.

Assembly:  Amen
(Candidates and sponsors may be seated.)
CHAPTER 9

RETREAT & SPIRITUAL GROWTH

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
RETREAT/SPIRITUAL GROWTH ACTIVITIES

Rationale

Total youth ministry includes catechetical activities in which the message is proclaimed, community is fostered, service is offered, and worship is celebrated. The need for a variety of approaches should be taken into consideration in preparation social, recreational and apostolic programs as well as retreats and other spiritual development activities. (NCD #228)

The retreat or day of recollection is a concentrated time away from normal activities and environmental dedicated to reflection on the movement of God in our lives (Chapter 2, pg. 6,9) These days can be an important aspect of spiritual growth and can instrumental in building community.

At the same time, it is important to recognize that such reflection and inclusion into community must be entered by choice.

Retreats and days of recollection are included in the confirmation preparation process along with other options for spiritual renewal so that reflection is genuine and is a response in freedom to the invitation of our loving God.

Retreat Experiences

Retreat Experiences can be varied, such as a day of recollection or an overnight experience.

The candidates are given the opportunity to experience two retreats during two-year Confirmation Preparation Process.

The following are suggestions for retreats within the Confirmation Process and may be adapted for individual settings.

The first provides the candidates with the opportunity to prayerfully reflect on their relationship with God as well as their own faith journey. At the same time, the candidates are provided the opportunity to grow as a faith community. ( See retreat example #1)

The second retreat focuses on the Sacrament of Confirmation, the gifts of the Spirit and ongoing discipleship.
RETREAT EXAMPLE #1

ONE-DAY PROGRAM: WELCOMING STAGE

Theme: Walking with Jesus

Objectives:
1. To provide the retreatants with the opportunity to reflect on their own faith journey.
2. To provide the retreatants with the opportunity to prayerfully reflect on their relationship with Jesus.

Schedule:

9:00 Arrival and Welcome

9:30 Opening Prayer
- Begin with a reading from Scripture. (psalm 139: 1-3, 4-6, 7-10, 13-14)
- Introduce the theme of the retreat
- Explain how the Scripture reading the theme
- Period of quiet reflection
- Invite retreatants to express in a silent or vocal prayer a hope that they have for the day
- Close with a song that reflects the theme

9:50 Take Care of Business
- Introduce team members
- Explain rules for the day
- Use of facilities
- Schedule

10:00 Icebreakers
- People Bingo
- Handout pencils and bingo cards with 25 squares (1 free, 24 with activities listed- can use a hula hoop, can sing, etc.)
- Retreatants gather 24 different signatures from people who can do the listed activities.
• After the cards are filled out, signers demonstrate their ability to do the listed activity.
• Summarize stressing the importance of working together and following instructions throughout the street.

3:00 Input II to Large Group

            Topic: “Come Follow Me” (Matthew 4:18-22)

Show a video of a contemporary follower of Jesus (Oscar Romero, Mother Teresa, etc.)

OR

One or two team members share how they try to the invitation of Jesus.

Suggested format for Input II

I. Introduction

II. Divide the talk into two periods of growth and discuss the following questions.

A. Prior to deciding to follow Jesus
   1. Who do you know is a faithful follower of Jesus?
   2. What is your attitude toward people who try follow Jesus?
   3. How do you think a follower of Jesus lives out this commitment?

B. After deciding to following Jesus
   1. Who or what influenced your decision to follow Jesus?
   2. How did your attitude change towards people who try to follow Jesus?
   3. How did your understanding change about how a follower of Jesus is to live out this commitment?
   4. What difficulties have you encountered in trying to be faithful to Jesus?
   5. What has been fulfilling in responding to the invitation of Jesus?

III. Summary

3:30 Small Group Discussion
• Invite the retreatants to share their reactions to Input II.
• Invite the retreatants to reflect on their own relationship with Jesus using the process and questions presented during Input II.
• Encourage the retreatants to reflect on how they might follow Jesus more faithfully.

4:30 Closing Prayer

• Begin with a song that reflects the theme.
• Review the retreat activities.
• Period of quiet reflection with background music.
• Invite the retreatants to express a prayer of thanks for something that occurred during the day.
• Read from Scripture- John 15: 12-17
RETREAT EXAMPLE #2

TWO-DAY PROGRAM: SACRAMENTAL PREPARATION STAGE

Theme: Come, Holy Spirit

Objectives:
1. To provide the retreatants with the opportunity to prayerfully reflect on their experiences during the Confirmation Preparation Process.
2. To provide the retreatants with the opportunity to reflect on their understanding of the Profession of Faith.
3. To provide the retreatants with the opportunity to reflect on their understanding of the Sacrament of Confirmation.

Schedule: DAY 1

9:30 Arrival & Welcome

10:00 Opening Prayer
- Begin with a song that reflects the theme.
- Introduce the theme of the retreat.
- Scripture reading (John 14: 14-17, 25-27)
- Explain how the Scripture reading reflects the theme.
- Period of quiet reflection.
- Offer a prayer asking for the guidance of the Holy Spirit during the retreat.
- Close with song that reflects the theme.

10:30 Take Care of Business
- Introduce team members
- Explain rules for the day
- Use of facilities
- Behavioral expectations
- Schedule
10:40 Icebreakers

Birth dates
- Explain to the retreatants that during this particular icebreaker activity, all communication is to be done non-verbally.
- Direct the retreatants to form one large circle by lining up in the order of their birth dates.
- After the retreatants have completed this task, ask them to verbally give the date of their birth.

Safari
- This activity will be used to divide the retreatants into small groups. Prior to the activity, decide how many small groups will be necessary. Usually, 8 in a group is a good size for the discussions.
- Whisper the name of a safari animal to each retreatant (elephant, monkey, lion, hyena, exotic bird, etc.)
- Direct the retreatants to locate the other members of their group by making the sound and movement distinct to their safari animal.
- Ask retreatants to sit with their group members.

Machines
- Direct the groups to create a machine which has moving parts and makes noises.
- The group works together to determine the role of each member for the machine that they will build.
- Groups present their machine one at a time. Other groups are to guess what has been created.
- Summarize the importance of working together and following instructions throughout the retreat.
- Explain to the retreatants the locations of their small group discussion rooms.
11:00 Small Group Discussions
- Invite the retreatants to share their reaction to the icebreaker activity.
- Invite the retreatants to share their hopes for the retreat.
- Facilitate the retreatants in discussing the following questions.
  1. Prior to beginning the Confirmation Preparation process, what was your attitude toward the program?
  2. What were your hopes as you began the process?
  3. What were your fears as you began the process?
  4. Throughout the process, what has been the highlight for you?
  5. What has been the most difficult aspect of the Process for you?
  6. How has your participation in the Confirmation Preparation Process influenced your relationship with God?
  7. How has your participation in the Confirmation Preparation Process influenced your relationship with the Catholic Church?
- Summarize the discussion and explain the afternoon schedule.

12:00 Lunch

12:45 Recreation

2:15 Quiet Time
Prior to this activity, determine the amount of quiet time that would be appropriate for these retreatants in order for them to be reflective, but not bored. (20-45 minutes)
- Begins with a guided meditation, a short video, or a slide presentation.
- Invite the retreatants to spend some time in silence (sitting, walking, etc.)
- Explain where and how the retreatants may use this time.

3:00 Input I to Large Group
Topic: The Profession of Faith
- Introduce the Profession of Faith
- Explain the main beliefs addressed.
- Give each retreatant a copy of the Profession of Faith and a pencil.
- Invite the retreatants to quietly reflect on the meaning of the Profession of Faith.
• Instruct the retreatants to circle what they believe
• Box what they do not believe
• Underline what they do not understand
• Direct the retreatants to meet with their small groups

3:45 Small Group Discussions
• Invite the retreatants to share their reactions to Input I.
• Facilitate the retreatants in discussing their understanding of the Profession of Faith.

1. What statements did you circle? What do you believe about these?
2. What statement did you box? What do you not believe about these?
3. What statement did you underline? What do you not understand about these?
4. What do you believe about God?
5. What do you believe about the Church?
6. What do you believe about forgiveness?
7. What do you believe about life?

While the retreatants are answering the questions, encourage them to discuss what in their experience has led them to believe this?

• Summarize the discussion.
• Choose two retreatants to present to the large group a summary of the discussion.
• Direct the retreatants to return to the large group after the break.

4:45 Break

5:00 Large Group Gathering
• Invite the representative of the various small groups to present to the large group a summary of their discussion.
• Summarize activity.

5:30 Talent Show Preparation
• Introduce to the large group the talent show which is scheduled later in the evening.
Direct the retreatants to meet with their small group members to plan program that they will present during the talent show. If the groups need more time to prepare, suggest they do this during the recreation after dinner.

6:00 Dinner

6:45 Recreation

7:30 Reconciliation Service
- Begin with a song that reflects the theme.
- Greeting and Opening Prayer
- Scripture Reading
  - First Reading: Deuteronomy 5: 1-4; 6:1-9
  - Responsorial Psalm: Psalm 37: 3-4, 5-6, 18-19, 23-24, 27-28
  - R- “Commit your life to the Lord and God will help you.”
  - Second Reading: Ephesians 5:1-3, 8-14
- Commentary on Scripture
- Examination of Conscience
- Confessions
- Closing Prayer
- Close with a song of praise

9:30 Talent Show/ Songfest

11:00 Night Prayer

This prayer takes place with the retreatants sitting in a circle and the lights dimly lit.

- Begin with a reading from Scripture. (Jeremiah 29-15)
- Explain how the Scripture assures us that our God listens to our prayer.
- Period of quiet reflection.
- Pass a candle around the circle inviting the retreatants to voice a prayer vocally or silently as the candle comes to them.
- Explain retiring procedures.
Midnight Lights Out

**DAY 2**

7:30  Wake Up Call

8:30  Breakfast

9:15  Clean-up

- Explain the procedures for cleaning up the sleeping quarters and packing belongings.

10:00  Morning Prayer

- Begin with a song of praise.
- Scripture Reading (Daniel 3:52, 57-59, 62-65, 70-76)
- Direct the retreatants to silently walk around outside for 10 minutes noticing the beauty of nature. Encourage them to use all of their senses to take in the beauty.
- After the retreatants have gathered again as a group, invite them to offer a prayer of praise for something they experienced in nature.
- Close with a song of praise.

10:30  Small Group Discussion

- Invite the retreatants to share their reaction to the Morning Prayer of praise.
- Review retreat schedule.
- Facilitate the retreatants in discussing the following questions.

1. What were your expectations for the retreat?
2. How were your expectations met?
3. What activities were your favorites?
4. What does the sacrament of Confirmation mean to you?
5. What would you like to do or know to prepare for this sacrament?
6. How has the retreat experience influenced your attitude toward being confirmed?
7. What resolutions would you like to live out after leaving the retreat?
• Facilitate the retreatants in expressing to each other the giftedness they have seen in each other during the Confirmation Preparation Process and during the retreat.

• Explain to the retreatants the responsibilities for the afternoon liturgy. (See 2 p.m. Eucharistic Liturgy)

12:00 Lunch
12:45 Recreation
1:45 Set Up for Liturgy
2:00 Eucharistic Liturgy

Liturgy Responsibilities

• Intercessions- Each small group offers a prayer.
• Offertory Procession- Each small group presents a gift and explains the meaning of the gift.
• Readings
  Group #1 introduces the first reading.
  Group #2 proclaims the first reading.
  Group #3 introduces the second reading.
  Group #4 proclaims the second reading.
  Group #5 introduces the Gospel.

Suggested readings:

Use the readings of the day

OR

  First Reading: Joel 2:23; 3:1-3

3:00 Departure
RETREAT/ SPIRITUAL GROWTH ACTIVITIES

BIBLIOGRAPHY


Doyle, Aileen A. More Youth Retreats. Winona, MN: Saint Mary’s Press, 1989 (team training, 7 retreats, 3 follow-up programs)


Hakowski, Maryann. Vine and Branches #1 & #2. Winona, MN: Saint Mary’s Press, 1992 (Resources for youth retreats.)


CHAPTER 10

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
SERVICE

Rationale

The greatest commandment of the law is to love God with one’s whole heart and one’s neighbor as oneself. (Nt. 22:37-40) Christ has made this love of the neighbor his personal commandment and has enriched it with a new meaning when he willed himself, along with his brothers and sisters, to be the object of this charity saying: “When you showed it to one of the least of my brother/sister here, you showed it to me” (Mt. 25:40)… He made charity the distinguishing mark of his disciples, in the words; “By this will all people know you for my disciples, by the love you bear one another” (Jn: 13:35). [Decree on the Apostolate of Lay People, Chapter II, #8, Vatican Council II Documents.]

During the September 1987 visit of Pope John Paul II to Southern California, he spoke in the spirit of the Second Vatican Council when he urged the followers of Jesus to consider ways to serve the world through selfless deeds. Pope John Paul II reminded the Christian community that as we render services to others, we grow in unity.

As followers of Jesus, we are continually called to grow in our understanding of the needs of others and to generously respond using our time, talents, and resources.

Services Experiences

Service is an integral component of the Confirmation Preparation Process. Through the process, candidates are introduced to the role of service in the life of the faith community and are offered a variety of opportunities to participate in service projects. After participating in these service projects, the candidates are guided in reflecting on these experiences. (See Service Project - Examples and Service Project Questions)

Options for these service opportunities may include parish-based liturgical ministries and/or services activities within or outside of the parish community. They may also be done in collaboration with the service program. Ideally, service catechesis and action takes place in collaboration with the stages of the Confirmation Preparation.

Service is introduced during the welcoming stage through the faith themes.

Because the Catechesis Stage is a period of more intense preparation for understanding and living the Catholic Christian Faith, the candidates are guided in understanding of services as a way to live out the Gospel values. To assist them in learning how to integrate this into their lives, they are offered a variety of opportunities to participate in service. After these experiences, the candidates are guided in reflection on the service experience.
The Sacramental Preparation Stage is a time for spiritual preparation and formation in which the candidates are led to an appreciation and understanding of the sacrament of Confirmation. During this stage, the candidates continue to participate in and reflect on their service projects.

The Discipleship Stage is a time when the newly confirmed enters more deeply into the life of the Catholic Community. As the newly confirmed person grows in the Catholic Christian lifestyle, the faith commitment is evidenced in an attitude of generosity in service to others.

Service Opportunities

There are two types of service: direct service and social change. Direct service addresses the immediate need while social change addresses the cause. (See examples on the following page.)

Existing High School Programs
Service may be done in collaboration with the service program of the local high schools, scouting groups, charity leagues and with the Parish Youth Ministry Program.

Catechetical and Liturgical Ministries
Catechetical Ministries include Aide in Religious Education or Pre-school teachers. Liturgical Ministries included Lector, Usher, and Choir. When involving the youth in catechetical and liturgical ministries within the parish, it is recommended that an adult liaison coordinate this Program.

The Adult Liaison:
- a. Informs the youth about the available ministries
- b. Trains the youth in the ministry they have chosen
- c. Sets up the schedule
- d. Oversees the candidates’ involvement on an on-going basis
- e. Encourages the candidates.
- f. Continues to explore more options for youth service opportunities
The following activity may be helpful in discerning service opportunities for youth.

**The Two Feet of Christian Service**
YOU NEED BOTH FEET TO WALK AND KEEP YOUR BALANCE
Adapted from Access Guides to Youth Ministry by John Roberto.

---

**Social Change**
(Removing the cause of those problems)

**Direct Service**
(Helping people survive their present crisis)

---

**Examples of Direct Service**

1. Meet or write to those confined to convalescent hospital
2. Write letters for or read to those confined to home or convalescent hospitals.
3. Raise money and/ or food for the homeless and they needy.
4. Volunteer to work on a soup kitchen.
5. Collect and distribute toys for needy children.
6. Coordinate a clothes drives for the needy.
7. Visit children in institutions, hospital, or orphanages.
8. Participate in a Big Sisters or Big Brothers program.
9. Coordinate or participate in a graffiti clean up program.
10. Do the yard work for needy persons of your neighborhood.
Examples of Social Change

1. Participate in the “Walk for Life”
2. Participate in a voter registration drive.
3. Work with PLUS (literacy program).
4. Begin an environmental awareness program.

Choosing Service Opportunities

Social issues and needs may vary depending on your community. Therefore, listen to the concerns of the youth and try to set up services projects that address their experiences. Service opportunities are as endless as the social injustices which face humanity.

If Christian service is interesting and challenging, then youth will want to serve. Realizing that they can indeed make a difference, the project can be life changing for the candidate and for those whom they are serving.

In The Access Guide to Justice, John Roberto illustrates the importance for both direct service and for social change as well as some guidelines to follow in setting up service projects.

1. **Involve** the youth in a social issue they can identify with and claim as their own. They will be more likely to stay involved and to work hard for change if the issue impacts them personally- they may want to begin by choosing an experience within their local community (makes sure it’s their choice).

2. **Explore** the why question. Why does this injustice exist? What are some of the causes?

3. **Reflect** on what our faith says about this social issue in reference to Scripture, Church teaching and activity within our Church community.

4. **Action** - The process of exploring and reflecting should lead us to the final step which is action. Identifying the role we can play in weakening and eventually destroying injustice.
The following may be useful to lead youth in discussions after service has been done.

**SERVICE REFLECTION QUESTIONS**

1. Describe your service opportunity.
2. What were your reasons for choosing this particular type of service?
3. What was your attitude toward service prior to beginning?
4. What did you think it would be like to do your chosen service?
5. During service, what were some of your thoughts and feelings about what you were doing?
6. After completing the service project, what are some of your thoughts and feelings about service?
7. What did you learn about others during the service opportunity?
8. What did you learn about yourself during this process?
9. Did this experience change your attitude toward service? Explain.
10. How do you understand the role of service in the life of a follower of Jesus?
11. As a result of this experience, what type of service will you do in the future?
SERVICE BIBLIOGRAPHY


Office of Peace & Justice (213) 251-2690


Videos available through the Media Department of the Archdiocese of Los Angeles Office of Religion

“The Hoarder”
“The Mouse’s Tail”
“The Dog’s Bark”

Contemporary Music Videos
Collins, Phil. “Another Day in Paradise”
Jackson, Michael. “The Man in the Mirror”
Midler, Bette. “From a Distance”
U2- nearly all CDs contain justice issues
Midnight Oil- “Beds are Burning”

For further information contact:
Office of Peace and Justice, 213-637-7610
Catholic Charities 213-251-3400
Catholic Relief Services 213-637-7560
Ministry with Persons with Disabilities 213-637-7252
Missions Office 213-637-7223
St. Vincent de Paul Society 323-224-6280
CHAPTER 11

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
MODELS

This individuality of each parish may be reflected in the process. However guidelines regarding the time (2 years) and faith themes need to be incorporated into the model used. The following models are based on successful programs throughout the archdiocese.

MODELS ONE:
Is based on School of Religious Education models which run during the regular school year and have Confirmation Preparation separate from Youth Ministry.

<table>
<thead>
<tr>
<th>STAGE</th>
<th>ACTIVITY/ EVENT</th>
<th>TIME FRAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparation</td>
<td>Invite Students</td>
<td>Aug – Sept</td>
</tr>
<tr>
<td></td>
<td>Interview</td>
<td>Sept – Oct</td>
</tr>
<tr>
<td></td>
<td>Parent / Candidate Meeting</td>
<td>Sept – Dec</td>
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<td></td>
<td>Faith Sharing Session</td>
<td>Catechetical Sessions</td>
</tr>
<tr>
<td>Welcoming</td>
<td>Sponsor Chosen</td>
<td>By Nov</td>
</tr>
<tr>
<td></td>
<td>Rite of Welcome</td>
<td>Christ the King or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beginning of Advent</td>
</tr>
<tr>
<td>Catechesis</td>
<td>Faith Sharing Sessions (Chapter 7)</td>
<td>This stage lasts from Dec. of the first year</td>
</tr>
<tr>
<td></td>
<td>Spiritual Growth Opportunity</td>
<td>until the immediate preparation stage a few</td>
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<td></td>
<td>Service Opportunities</td>
<td>months prior to the rite in the second year.</td>
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<tr>
<td></td>
<td>Rite of Acceptance</td>
<td>March or during Lent</td>
</tr>
<tr>
<td>Sacramental Preparation</td>
<td>Sacramental Preparation Catechesis</td>
<td>These activities take place approximately six</td>
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<tr>
<td></td>
<td>Retreat</td>
<td>to eight we prior to the rite.</td>
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<td></td>
<td>Interview</td>
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<td></td>
<td>Rite of Confirmation</td>
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<tr>
<td>Discipleship</td>
<td>Spiritual Growth/Retreat Opportunities</td>
<td>Easter Season</td>
</tr>
<tr>
<td></td>
<td>Service Experiences</td>
<td>On-going after Confirmation</td>
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</table>
MODELS TWO:
Is based on Comprehensive Youth Ministry in which Confirmation Catechesis is a component. Youth wishing to be confirmed are involved in other components of Youth Ministry throughout their preparation.

<table>
<thead>
<tr>
<th>STAGE</th>
<th>ACTIVITY/ EVENT</th>
<th>TIME FRAME</th>
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</thead>
<tbody>
<tr>
<td>Preparation</td>
<td>Youth invited</td>
<td>June to August</td>
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<tr>
<td></td>
<td>Youth/ Parent Meeting</td>
<td></td>
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<tr>
<td>Phase I (Parish Life Involvement)</td>
<td>Catechesis</td>
<td>Youth choose when to take courses which are given in block and follow the guidelines of faith theme in Chapter 7.</td>
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<tr>
<td></td>
<td>Guidance and Healing</td>
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<td></td>
<td>Service and Justice</td>
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<tr>
<td></td>
<td>Services Chosen</td>
<td>The components of Youth Ministry continue to be part of the overall parish life.</td>
</tr>
<tr>
<td>Includes Welcoming and Catechesis</td>
<td>Liturgy and Worship</td>
<td>6 session course on Confirmation, this occurs as immediate preparation to the Rite of Confirmation</td>
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<td></td>
<td>Community Life Activities</td>
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<td></td>
<td>Sponsors Chosen</td>
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<tr>
<td>Phase II (Sacramental Prep)</td>
<td>Catechesis</td>
<td>Easter Season</td>
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<td></td>
<td>Sponsor/Candidate Day of Reflection</td>
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<td>Rite of Acceptance</td>
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<td>Rite of Commitment</td>
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<td>Rite of Confirmation</td>
<td>Youth Ministry Components</td>
<td>Following the Rite of Confirmation</td>
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<td>Discipleship State</td>
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CHAPTER 12

MEDIA

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
CONFIRMATION MEDIA RESOURCES VIDEO

** AIDS: EVERYTHING YOU SHOULD KNOW (Aims Media)**
This video, hosted by Whoopi Goldberg, is designed especially for teenagers. It will help them take seriously their responsibilities to avoid the deadly HIV/ AIDS virus. The video answering basic questions:

What is AIDS? How do people get it, and how can people avoid it? The video teaches that abstinence or mutual monogamy are the primary methods of AIDS prevention. Teenagers in the film about self-esteem and practice self-assertive behaviors.

** AMIE (Franciscan Communications)**
Amie David, a young photo journalist, has one passion: people! On assignment for the centennial edition of a daily newspaper, she gets involved with the poor of the inner city and helps their plight make headlines. Because of her action on behalf of the powerless, Amie makes enemies in high places and is killed when she refuses to give up her commitment.

** ANXIOUS HEARTS: THREE SEGMENTS (Tabor Publishing Co.)**
This (three part) video drama helps young people get in touch with the feelings of growing up and entering into relationships with other people. Each segment draws teens deeper into the meaning of real relationships: the heart of the sacramental life and the way they are called to live the spiritual life. “Anxious Hearts” is also available in a unified retreat version- no segments, the whole story is told without breaks.

** ANXIOUS HEARTS: UNIFIED VERSION (Tabor Publishing Co.)**
This (three part) video drama helps young people get in touch with the feelings of growing up and entering into relationships with other people. Each segment draws teens deeper into the meaning of real relationships: the heart of the sacramental life and the way they are called to live the spiritual life.
**BRIDGE, THE** (Brigham Young University)
The bridge turns to let a passenger train cross the river safely. It will not remain in place, so the operator must hold it manually. At that moment this young man decides to cross the bridge to visit. The father must decide to save the many passengers on the train or his son.

**CHOICE, THE** (Franciscan Communication)
Kim isn’t certain she really wants to be confirmed but attends Confirmation preparation because her father wants it. During the months of preparations, she learns from Christina, a young adult, what faith and service really mean.

**COPING WITH PRESSURES** (Lives Wire Video Publications)
In this session of the Power of Choice Series, featuring Michael Pritchard with a group of young people, the discussion focuses on how to handle pressure in ways that serve your best interest.

**COMMUNICATING WITH PARENTS** (Lives Wire Video Publications)
In this session of the Power of Choice Series, featuring Michael Pritchard with a group of young people, the discussion enters on what you can do get your parents to listen and understanding.

**DRUGS AND ALCOHOL- PART ONE** (Lives Wire Video Publications)
In this session of the Power of Choice Series, featuring Michael Pritchard with a group of young people, they take an honest look at making hard choices in the real world.

**DRUGS AND ALCOHOL- PART TWO** (Lives Wire Video Publications)
In this session of the Power of Choice Series, featuring Michael Pritchard with a group of young people, the discussion focuses on what to do when someone you care about is hooked.
**DRINKING AND DRIVING** (Live Wire Video Publications)
In this session of the Power of Choices Series, featuring Michael Pritchard with a group of young people, the discussion centers on how to stay out of (or get out of) drunk driving predicaments and still be cool.

**DEPRESSION AND SUICIDE** (Live Wire Video Publications)
In this session of the Power of Choices Series, featuring Michael Pritchard with a group of young people, the discussion centers on what to do if you or someone you care about is at suicide risk.

**DON KIMBALL AND FRIENDS** (Tabor Publishing)
This video contains all four 30 minutes’ segments of the DON KIMBALL AND FRIENDS series: Friends, Prayer, Parents and Parties. DON Kimball has a knack for asking the right questions and prodding young people into sharing their thoughts, faith, and feelings, and he helps them to deal with vital issues that each eventually confronts on the path to adulthood.

**FALL OF FREDDIE THE LEAF, THE** (Aims Media)
This video is based on a children’s best-seller book written by Leo Buscaglia, PhD, under the same title. Most adults who see it are also touched by its simplicity and beauty in dealing with the topic of life and death. We learn about the cycle of life through the experience of Freddie the Leaf and we witness his “fall” with peace and dignity toward a new beginning.

**FRIENDS** (Tabor Publishing Co.)
Teenagers discuss with Don Kimball communication and friendship, what friendship is, the qualities that promote friendship, the roles of trust and confidentiality, the need for similar values, making and keeping good friends and the pain of friendship that end.
**FOLLOW MY LEADER** (Aims Media)
When an accident with a firecracker blinds him, 16 year old Jimmy is at first depressed and angry. Slowly, training and rehabilitation by professionals increase his independence. He is accepted to Guide Dog school, where he meets and learns to work with Leader, a German shepherd.

Throughout his recovery, Jimmy still has nightmares about the accident in which his friend Mike had thrown the firecracker that caused his blindness. Finally, in a meeting between the boys they are able to dissipate their anger and begin to rebuild their earlier friendship. The longer version develops in greater detail the feelings of all along the road rehabilitation and reconciliation.

**FRIENDSHIP AND DATING** (Live Wire Video Publications)
In this session of the Power of choice series featuring Michael Pritchard with a group of young people the discussion centers on how to create and maintain quality relationships.

**GRANDPA DOC** (Phoenix Films)
A young artist prepares for his fist one-man show, and struggles to complete a painting which he especially wants to have ready for the show- a portrait of his grandfather. While he paints he reflects on his childhood and the times e spent with his grandfather, recalling that it was Grandpa Doc who first encouraged him to express himself through art. His exhibit is complete when he finally captures the image he has been seeking. The highlight of the show is a new relationship formed with his mother.

**MAN WHO PLANTED TREES, THE** (Societe Radio-Canada/ CBC)
Based on a short story by Jean Giono, this beautifully animated parable reveals the power of determination which transforms a desolate land into a thriving oasis.
**PARABLE, THE (Council of Churches)**  
An allegory, told without dialogue, opens with a circus troupe moving through the countryside, trailed by a clown on a white donkey. As the troupe sets up, the clown is seen helping people. He is quiet, loving, understanding, and constantly offering himself for others whose lives he touches. Eventually, his kindness and concern for the happiness of others costs him his life. His death has a unique effect on the people he encountered.

**PARENTS (Tabor Publishing Co.)**  
Don Kimball in this video does not give “answer” but rather surfaces the feelings, experiences, joys, and struggles of young people and their parents.

**PARTIES (Tabor Publishing Co.)**  
In this program Don Kimball discusses with young people the social and emotional difficulties of parties and how to cope responsibly with the pressure that parties can create.

**PARDON AND PEACE (Franciscan Communications)**  
This is the story of David, a teenage runaway whose experience of pain and separation makes him long for the lights of home. His reconciliation and homecoming remind the viewer of a modern prodigal son welcomed in wonderful light.

**PRAYER (Tabor Publishing Co.)**  
Young people discuss with Don Kimball prayer and its importance in their lives.

**POWER OF CHOICE, THE (Live Wire Video Publications)**  
The power of choice series features Michael Pritchard, a juvenile probation officer turned stand-up comic using humor as a powerful counseling tool. This first video
in the series, the original PBS television special, discusses how to be a V.I.P. by using Vision, Initiative, and Perspective as tools for making the best choices. Young people will enjoy watching their peers interact with Michael throughout this series.

** SELF-ESTEEM (Live Wire Video Publications)
In this session of the Power of Choice Series, featuring Michael Pritchard with a group of young people, the questions are asked. What is self-esteem? What does it do for you? How can you get it?

16 mm FILM

**CIPHER IN THE SNOW (Brigham Young University)
This though-provoking film tells the story of a timid boy who is ‘erased’ little by little by his family, friends and teachers. No one bothered to know anything about him until his death.

** CRAC! (Pyramid Films)
A simple rocking chair, crafted from a tall tree, links past values, with modern progress in this animated tale. The story traces the chair’s experiences from its beginnings in a French Canadian family to its place in a museum of modern art.

Una mecedora sencilla, hecha de un árbol muy alto, unifica los valores del pasado al compás del progreso moderno en este cuento animado. La historia trae las experiencias de la silla desde sus comienzos en una familia Canadiense-Francesa hasta su lugar actual en un museo de arte moderno.

** DO YOU EVER WONDER?
(Pyramid Films)
The “identity crisis” is a basic conflict of adolescence built around four original songs and four separate segments. This Film explores the area of personal relationships and provides a catalyst for discussion about the topic.
**DAY IN THE LIFE OF BONNIE CONSOLO, A** (Barr Films)
An inspirational film about a very special person, Bonnie Consolo, she was born without arms, yet she leads a normal productive life. She has a home, two healthy children, and a rich philosophy that she shares as she goes about her daily routine.

**FIRST ASCENT** (Pyramid Films)
The naked edge is a 1,000 foot monolith whose vertical slopes have defeated all but the most spirited climbers. Beth Bennet and Lynn Hill take on the challenge but fail in their first attempt. After a period of training designed to increase their strength and endurance, they overcome the obstacles and reach the summit.

**GIVING TREE, THE** (Bosustow)
This poignant story about the relationship between a boy and a tree illustrates some truths about the meaning of giving, receiving, and love.

**GODPARENT GUSSIE**
(Franciscan Communications) Gussie helps us understand how the rituals of the sacraments of initiation (Baptism and Confirmation) came to be what they are and why the church places so much emphasis on Baptismal catechesis. Storyscape/ Discussion Format.

**GYM PERIOD** (Franciscan Communications)
The tense story of an adolescent boy who possesses the body of an athlete, but lacks the skill and coordination to be successful in sports related activities. Frustrated during his gym period at the end of the semester, he decides to make one more attempt to succeed at the rope climb. He begins the climb, slowly, painfully- and then there is an unexpected climax that is profoundly effective.
**JUSUS B.C.** (Paulist Production)  
In this humorous parable, the Trinity (Dad, Chris and Grace) has a crisis conference to decide what to do about the desperate situation human beings seem to be in. The decision is the Incarnation.

**LEO BEUERMAN** (Centron Educational Films)  
An indomitable human spirit invigorates in the dwarfed body of Leo Beuerman. Unable to hear or speak, Mr. Beuerman uses a typewriter in order to communicate and a cart-like vehicle in order to get around. Viewers relate to Leo in a personal way, for his philosophy of life serves as an inspiration to all who see the film.

Un espíritu indomable se apodera del cuerpo enano de Leo Beuerman, quien no puede hablar ni oír. Mr. Beuerman utiliza una máquina de escribir para comunicarse y un carro móvil para movilizarse. Los que miran esta película se relacionan en forma personal por su filosofía en la vida y que sirve inspiracion a todos aquellos que miran la película.

**MISSION TO LOVE** (Franciscan Communications)  
Jay Todd, a peace Corps volunteer, and his orphan friend, Tino are friends in Latin America. After Tino’s sudden death, Jay reflects on his personal growth and commitment, and responds renewed service- all aspects of our calling Confirmation. Storyscape/Discussion Format.

**PENANCE- SACRAMENT OF PEACE** (Franciscan Communications)  
A young man, after drinking with his friends accidentally hits a little girl with his car as she walks home from school. After being blamed by her parents and cleared by the police but still feeling guilty, he visits the little girl and she offers him immediate understanding and forgiveness.
**PARABOX** (Franciscan Communications)
This film, based on a true incident, dramatizes the dilemma of three volunteers at a soup kitchen. Desperate to feel their poverty stricken patrons, the three design salvaging left-over or bruised, but edible food from the garbage bins of a produce warehouse. Eventually arrested and then freed, they must decide whether to continue their “raids” in order to feed the hungry and/or hopefully, change the tenor of the law and the hearts of those in power. The deliberately open end calls upon viewers to confront, in personal terms, the values involved in the conflict.

**SOLO** (Pyramid Films)
A lone mountain climber sets out in the misty pre-dawn to climb him mountain- up past thundering waterfalls, along their crevasses, across glaciers and snow fields, clinging to a sheer rock face, feeling for a hand hold on an overhanging rock, swinging joyfully from a rope above the rest of the world that the rest of us inhabit.

Un alpinita solitario se encamina en medio de la neblina del amanecer, para subir la montaña. Lo vemos avanzar hacia la arribe, pasando cascadas estruendosa a lo largo de sus grietas, glaciares y campos de nieve; asiéndose fuertemente a un escarpado peñasco, buscando como asirse de una peña suspendida, colgando alegremente de una soga en la cima; como si estuviera fuere del resto del mundo en el que habitamos.

**VIDEOS FOR CONFIRMATION**

**CONFIRMATION: ‘IT’S YOUR CHOICE”**
Eavesdrop on a conversation between two Confirmation candidates as they unravel the theology of the sacrament, the value of service projects and much more.

**THE 10 COMMANDMENTS FOR TEENS**
Are the Commandments irrelevant in today’s world?, Father Joe Kempf helps a questioning teen to discover “God’s Game Plan.”
KNOW HOW
Can Kim Coles (from “In Living Color”) convince teens to postpone sexual involvement? Check out this video that teaches teens refusal skills and promotes the benefits of abstinence during adolescence.

NO ALIBIS
This made for TV flick is a fast-paced drama on abortion designed especially for teens. Actor Laurie Boone and John Quade explore the issues from three different perspectives.

BEYOND BELIEF
The rock group, “Petra” provides a musical background for this storyline that helps teens explore and confront their feelings on such issues as loneliness, divorce, death and anger with God.

A TRIBUTE TO TIM
What are the signs of depression that lead to teenage suicide? Learn about this issue through Tim’s story.

BEYOND HATE
Can hate be a positive emotion? Bill Moyers chronicles the impact of hate on its victims and probes its many dimensions through the experiences of world figures, gang leaders and young people trying to cope with violence in their lives.

SHALOM LIFE-STEMS: WHOLE PEOPLE, WHOLE EARTH
Develop a class or design an entire module of study with the aid of this media kit. A creative, wholistic and sensitive approach to enable young Christians to discover God’s plan and purpose for their lives. 15 topics in all. Great facilitators guide and reproducible work sheets. Biblical and contemporary, exploring topics such as TV violence, crossing racial boundaries, date rape, personal spirituality, peacemaking, ecology, stereotyping, self-mage, aids, eating disorders and service.
MEDIA CENTER
CENTRO DE AUDIOVISUALES

Office of Religious Education, Archdiocese of Los Angeles,
3424 Wilshire Blvd., Los Angeles, CA 90010-2241
For Reservation please call (213)637-7340
VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
PUBLISHING COMPANIES

America Bible Society, 1865 Broadway, NY, NY 10023, (800) 322-4253 americanbible.org

Ave Maria Press, Notre Dame, Indiana 4655 6-9989 (219) 287-2831

Benziger PO Box 543, Blacklick, Ohio< 43004-0543 glencoe.com/benziger

Brown-Roa is now Harcourt Religion (see below)

The Center for Learning P.O. Box 910, Dept. RIC, Villa Mana, PA 16155, (800)767-1622, cmdnet.org

Franciscan Communications is now part of St. Anthony Messenger Press.

Group, 1515 Cascade Ave, Loveland, CO, 80538, (800)447-3836, grouppublishing.com

Harcourt Religion, 1665 Embassy West Drive, Suite 200, Dubuque, Iowa, 52002, (319)557-3700, harcourtreligion.com

Hi-time/Pflaum Publishing Corp, P.O. Box 13337 Milwaukee, WI 53212-0337 (800)558-2292 hitimepflaun.com

Ligouri One Lifouri Drive, Ligouri MO, 63057-9999, (800)325-9521, ligouri.org

Liturgy Training Publications 1800 N. Hermitage Ave. Chicago, IL, 60622-1101, (800)933-1800, ltp.org

Living the God News, 600Grant Street, Denver, CO< 80203, (303) 832-4427, morehousegroup.com

Loyola University Press, 3441 N. Ashland Ave, Chicago, IL, 60657 (800)621-1008, loyalapress.org

NFCYM (National Federation for Catholic Youth Ministry), 3700-A Oakview Terrace NE, Washington DC, 20017-2591 (202)636-3825, nfcym.org

Paulist Press, 997 Macarthur Blvd. Mahwah, NJ, 07430, (800) 218-1903, paulistpress.com

Resources for Christian Living, P.O. Box 7000, Allen, TX. 75013-1305 (8770275-4725, rclweb.com

St. Anthony Messenger Press 1615 Republic Street, Cincinnati, OH 45210-9989, (800)488-0488, americancatholic.org

Saint Mary’s Press, Terrace Heights, Winona, Minnesota 55987 (800)533-8095, smp.org
Silver Burdett & Ginn, Customer Service Center, 4350 Equity Drive, Columbus, Ohio, 43216-2649, (800)848-9500, sbgreligion.com

Twenty-Third Publications, PO Box 180 Mystic, CT, 06355, (800)321-0411, twentythirdpublications.com


William H. Sadlier, 9 Pine Street, New York, NY, 1005-1002, 1-800-221-5175, sadlier.com

ADDITIONAL RESOURCES (BOOKS, CDS, etc.)

Adolescent Spirituality


Bibles (Youth Friendly)


Catholicism


**Human Sexuality**


**Icebreakers/Community Building**
*All Star Games.* Loveland, CO: Group, 1998.


**Liturgy and liturgical Seasons**

Calderone-Stewart. *In Touch with the Word: Lectionary-Based Prayer Reflection Advent…* Winona, Minnesota: St. Mary’s Press, 1996.


Mary


Morality


Music for Youth


Voices as One. World Library Publications, A Division of J.S. Paluch Co., Inc., 3825 North Willow Road, Schiller Park, Illinois 60176.

Music Issue. This is a paperback music resource updated annually with new songs. Keyboard and guitar accompaniment binders are available at a reasonable cost. Oregon Catholic Press (1-800-548-8749).


Scott Soper. The Goodness of the Lord. These songs are very singable when new. Oregon Catholic Press (1-800-548-8749).
Bobby Fischer. *If We Dare to Hope*. This collection was written for youth. Oregon Catholic Press (1-800-548-8749)


Dan Consiglio. *There Is A Light*. Memorable tunes and contemporary styling’s. Oregon Catholic Press (1-800-548-8749)


*Gather* (2nd Edition). This is a cloth-bound hymnal that includes a variety of hymns and contemporary songs. *Gather* also comes in other editions with other features. G.I.A. Publications (1-800-GIA-1358.)


Marty Haugen. *All Are Welcome* - the newest collection from a this prolific composer. *Mass of Creation* - Newly premastered CD of this classic. *Song of Mark* - Check this recording out if you like musicals. G.I.A. Publications (1-800-GIA-1358.)

Michael Joncas. *We come to Your Feast* - A more traditional musical style, but check out the title song for agape prayer services. G.I.A. Publications (1-800-GIA-1358.)

Jeanne Cotter. *We are God’s People* - A collection of liturgical for children to young adults. *Water, Wind and Soul; after the Rain* - instrumentals- only CDs that are great for journaling prayer time and other quiet moments. G.I.A. Publications (1-800-GIA-1358.)

*How Excellent* Volumes I & II. Two collections of music for teens. G.I.A. Publications (1-800-GIA-1358.)

*Psalms for the Church Year*. (Various Volumes). Many of these psalm settings can also be found in *Gather*. Great resources for the responsorial Psalm. G.I.A. Publications (1-800-GIA-1358.)

Ed Bolduc. *Heaven and Earth* - Contemporary arrangements on this CD make it very listener-friendly. Ed writes music for the Life Teen program. World Library Publications (1-800-566-6150)

Joe Mattingly and the Newman Singers. Awakenings- The latest effort from these Iowa musicians have been touring for a number of years. Also consider: Born this Night and Come be the Song We Sing. World Library Publications (1-800-566-6150)


**Prayer**


Hays, Edward. *Prayers for the Domestic Church*. Easton, KS: Forest of Peace Books, 1979. Hays also has a number of titles which are excellent prayer resources.


**Relationships**


**Retreats**


**Retreat Facility Book** (published by the Office of Religious Education, Ministry with Young Adults Division)

**Sacraments**


Self-Image

Service & Social Justice


Office of Peace & Justice (213) 251-2690


Sponsors

Substance Abuse

“Hazelden 1987 Educational Materials Catalog.” This Catalog of books, pamphlets, films, and audiocassettes can be obtained by writing to Hazelden at box 176. Center City, MN 55102. Phone: (800)328-9000.
National Clearinghouse for Alcohol Information, Box 2345, Rockville, MD 20850.

National Clearinghouse for Drug Abuse Information, Box 1635, Rockville, MD 20850.


**Vocations**

“God’s Design” CD-ROM


**Youth Activities**


“Group Magazine” and “Jr. High Magazine” Loveland, Co: Group.

*Care Notes*. Abbey Press, St. Meinrad, IN 800325-2511.


“Youth Updates” St. Anthony Messenger Press, Cincinnati, OH.

CHAPTER 14

INTRODUCTION

VISION, SCOPE AND SEQUENCE

VISION STATEMENT

“To be young is to be attracted to truth, freedom, peace, beauty and goodness. To be young means to be eager to live; to live joyfully, meaningfully.”

Pope John Paul II
The following pages include the rite of Confirmation with guidelines and instructions for celebration in the Archdiocese of Los Angeles. These suggestions and resources are intended to assist priests, catechists, Confirmation candidates, liturgical planning teams, and the entire parish community in fulfilling their pastoral responsibility in celebrating the sacrament of Confirmation.

**GENERAL INSTRUCTIONS**

**Candidates for Confirmation:** The bishop's scheduled visit to the parish during the Easter season is to confer the sacrament of Confirmation on high school students, and unless otherwise determined, on the adult candidates of the parish. High school Confirmation candidates must have participated in and completed the two year Confirmation process.

Catechized adult Catholics seeking completion of their Initiation through Sacrament of Confirmation will be confirmed either in the parish or at a regional celebration of confirmation for Adults. Adults in the RCIA process baptized at Easter are to be confirmed by the presiding priest as part of the Easter Vigil liturgy.

**Parish Participation:** The catechetical and pastoral preparation should in some way include the entire parish community and not merely the candidates for Confirmation (Rite of Confirmation #3). The parish community needs to be made aware that some of its members are preparing to celebrate Confirmation. This may be accomplished through:

- announcements imparting information through the bulletin, parish newsletters, letters from the pastor, etc.;
- preaching on Sundays during the Easter season and throughout the year;
- parish prayer including Intercessions for the candidates in the Universal Prayer or the Prayer of the Faithful on Sundays;
- ceremonies presenting the candidates to the parish community;
- photographs of the candidates in the vestibule;
- testimonies of commitment;
- prayer

**Names:** The use of the baptismal name on the occasion of Confirmation better expresses the relationship between Baptism and Confirmation. If a special Confirmation name is taken, it must be the name of a recognized saint (such as St. John, St. Martha, St. Teresa, Blessed Junipero Serra) or an acceptable recognized Christian name (such as Faith, Charity, Prudence). Individual teachers must guide their students in the selection of a Confirmation name, and those names are to be approved in advance. Only full names are to be used, e.g., “Joseph, Robert, Barbara, Gabriela;” not shortened names such as “Joey, Bobby, Barbs, Gabby.”
**Attire for Candidates:** Candidates should dress appropriately befitting the solemnity of the Confirmation liturgy. Robes or a uniform dress code are preferable because they eliminate questionable attire.

The stole is the distinctive garb of the ordained minister; garments resembling a stole should not be worn by the Confirmation candidate.

**Photography:** Confirmation candidates, sponsors and families need to be informed that the taking of photographs or videotaping during the Confirmation liturgy is not permitted. Everyone needs to be reminded to turn off cellular phones and pagers. Confirmation team members need to monitor and implement this strictly.

Following Confirmation, the confirming bishop will take one photograph with each newly confirmed person and his or her sponsor. Effective August 2008, a new post-confirmation photography policy has been implemented. You can read the full policy document by following the link below:

2008 Confirmation Photography Policy Guide

**Knights of Columbus & Knights of St. Peter Claver:** If present, they may be in the procession and should follow the cross bearer and acolytes and precede the concelebrants. The Knights should be seated to one side so as not to obstruct the participation of the candidates and sponsors. They do not draw their swords at any time in the Church; their heads are to remain uncovered throughout the Mass.

**Bishop’s Parking:** A place should be reserved for the bishop’s car near the rectory and clearly marked. It is requested that the bishop’s office be notified in advance where the reserved parking space will be located.

**Rehearsal:** A rehearsal for all liturgical ministers, the Confirmation candidates and their sponsors which helps ensure familiarity with the movement and rite of Confirmation is strongly recommended. The rehearsal must include at least the following:

- Walking through the entire Confirmation rite;
- Speaking the Confirmation name loudly and clearly;
- Responding the “Amen” and “And also with you” in the Rite;
- Practicing all of the music to be sung by the Confirmation group and the Assembly.

**Worship/Participation Aids:** A printed booklet or pamphlet to assist in liturgical participation is recommended. It should not include prayers or readings in the language proclaimed by others, e.g. the scripture readings (unless multilingual), the Eucharistic prayer, special rites or ceremonies proclaimed by others, nor those prayers or responses which the assembly knows from memory.
The worship aid should include all the music sung by the assembly, except for that music which is readily known, e.g., the traditional chant to the Lord's Prayer.

**Music:** Confirmation is a celebration of faith within the midst of the community of the Church. Music carefully selected and well rendered can heighten the celebration and strengthen the faith of the assembled believers.

The priority in selecting music is that it should be music known to the confirmation candidates, and music which they themselves will sing with spirit and fervor during the Liturgy.

The music selected should be artistically good, liturgically appropriate and pastorally suitable (c.f. Music in Catholic Worship and Liturgical Music Today). Songs that speak of our Baptismal dignity, the Paschal Mystery, our call to Christian witness, and empowerment in the Holy Spirit are appropriate. It should be kept in mind that Confirmation "seals" the baptismal experience and hence should be seen intimately linked to an overall theology of initiation in which the Spirit is at work both in Baptism and Confirmation. Music should be selected to highlight those parts of the liturgical rite that are more significant: e.g., Word, the rite of Confirmation, and the Eucharist.

**Copyright permissions** need to be obtained and properly acknowledged for all music printed in a worship aid. Please see "Worship/Participation Aids" in Liturgical Life. Volume III, Number 5, or contact the Office for Worship of the Archdiocese of Los Angeles at (213) 637-7262.

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**CONFIRMATION LITURGY**

**General Preparation:** The Confirmation liturgy demands careful preparation by a team that should include parish priests, deacons, Confirmation coordinators and catechists who have worked with the candidates, some of the candidates themselves, members of the liturgy committee and music ministers.

The Confirmation liturgy is celebrated within the liturgy of the word. Its integrity must be maintained. Care is taken to allow the Word and the symbolic action of these primary parts of the celebration to stand out, unencumbered by extraneous words or peripheral signs and symbols. The following are specific liturgical points regarding the celebration of Confirmation:

**Symbols:** The primary symbols inherent to the liturgy itself need to be given careful attention, i.e., the water, the Chrism, the book of Scripture, the bread and wine, the Easter candle and the assembly. These symbols are most effective when allowed to be authentic forms of ritual expression without added words of explanation.
• **Water:** Baptism begins our journey as part of the living Body of Christ; Confirmation strengthens the Christian Initiation begun in Baptism. For this reason, Confirmation is celebrated during the Easter Season. The baptismal water and its use in the rite of sprinkling frame and define the Confirmation liturgy. If a baptismal font is located within the body of the Church, the liturgy will begin there. A large, clear glass container for the water with a green leaf branch should be available [evergreen branches are the most effective]. If a baptismal font is not accessible, a prominent vessel of water placed on a small table or stand in a clearly visible area, easily accessible to the bishop for the beginning of the liturgy is needed. The parish priests may assist the bishop in the sprinkling of the people.

• **Easter Candle:** Since Confirmation is an initiation sacrament, it is appropriate to highlight the Easter candle, which should be positioned near the ambo or font. [Only genuine full wax Easter candles reflect the Risen Christ authentically. Parishes should avoid artificial candles that burn oils, kerosene, or small spring-loaded interior candles.]

• **Chrism:** “When (those baptized) are anointed with this holy oil and made the temples of your glory...Let this be indeed the Chrism of salvation for those who will be born again of water and the Holy Spirit.” (Roman Missal Sacramentary, Consecration of the Chrism, n. 25). The bishop will normally use the chrism of the parish and it may be carried in the entrance procession. It shall be placed in an area of prominence, near the font, or on the table holding the vessel of water.

In order that the fullness of the sacramental signs may be evident, the chrism is not to be wiped off the foreheads of the newly confirmed.

**Scripture Readings and Roman Missal Prayers:** The liturgy of the word is celebrated in the ordinary way. The readings may be taken in whole or in part from the Mass of the day or from the texts for Confirmation in the Lectionary (nos. 764-768).

When the sacrament of Confirmation is celebrated on a Sunday Vigil, Sunday or Solemnity during the Easter Season, **ALL the READINGS and PRAYERS for THAT DAY MUST BE USED.**

If Confirmation is celebrated on a weekday during the Easter Season, either the readings for that day or alternate readings for Confirmation may be chosen. If Confirmation is celebrated on a weekday during the Easter season, the PRAYERS from the ritual of Confirmation must be chosen.

Although all the readings for Confirmation from the lectionary (Nos. 764-768) may be used as indicated above, all of the daily Easter season readings are most appropriate for the Confirmation liturgy. (If **alternate readings are chosen, the confirming bishop**
must be notified prior to the Confirmation on the form the parishes send to the confirming bishop.)

Choosing Ministers: Those selected for various ministries within the Confirmation liturgy should be individuals who are prepared and who regularly serve in this capacity for the community.

- **Lectors:** The scriptures must be proclaimed with dignity and clarity by persons trained as lectors and familiar with the local parish liturgical space and equipment.

- **Acolytes:** According to present Church directives, six trained servers are necessary for the Confirmation liturgy: an incense bearer, a cross bearer, two candle bearers, a miter bearer and a crozier bearer.

- **Deacon:** The participation of a deacon (permanent or transitional) is highly desired. The Deacon serves as a minister to the bishop, proclaims the Gospel, presents the sacred chrism to the bishop, and assists the bishop as the rubrics specify.

Multilingual Liturgy: The multicultural nature of the assembly should be considered during the process of planning readings, ritual texts and music. (Please contact the Office for Worship of the Archdiocese of Los Angeles for guidelines on multilingual liturgies.)

**SACRISTY PREPARATION:**

A designated sacristan should attend to the following details:

**Vestments:** For Sunday Vigil, Sunday and Solemnity Masses in which Confirmation is celebrated during the Easter Season, WHITE vestments are to be worn (except for Pentecost). When Confirmation is celebrated during weekdays in the Easter Season, RED or WHITE VESTMENTS MAY BE WORN. The presiding bishop will normally bring his own vestment.

**Presider’s Chair:** The presider’s chair is to be located in a place that is visible to the entire assembly. Chairs for concelebrating priests may be set in the sanctuary, but preferably not on either side of the bishop. If there is a deacon, he is to be seated to the right of the bishop. Altar Servers do not sit next to the bishop. A chair should be provided for the bishop’s Master of Ceremonies and should be positioned near the servers.

**Microphone:** A standing microphone should be in place at the presider’s chair with a cord sufficiently long to extend to the first pews of the assembly. If the parish is equipped with wireless microphones, then one of these should be available for the bishop in the place in which he is to vest.
Ritual Books: The missal and lectionary should be set up before the liturgy begins:

Book of the Gospels: Should be carried in the procession by the deacon and placed flat upon the altar. (If the parish does not have a book of the Gospels, the lectionary can be substituted.)

Missal: (Note: the bishop will provide the Roman Pontifical for the rite of Confirmation.)

Credence Table: A large credence table is necessary, holding:

- a large bowl of water and special branch for the Sprinkling Rite at beginning of Mass;
- corporal for the altar;
- chalice and purificator for the bishop
- extra chalices or cups with purificators for the assembly's Communion. These are brought to the altar during the Lamb of God;
- empty ciboria—sufficient number for the orderly distribution of the Body of Christ;
- thurible, charcoal, and incense;
- cruet of water;
- one lemon, quartered, and a towel for the bishop; bread is not needed, nor used, for the washing of the bishop’s hands;
- pitcher of water, bowl and two towels to wash the bishop’s hands twice (after the Anointing, and during the offertory).

Table for the Gifts: The table is located in the nave of the Church and should have on it one or two large ciboria with a sufficient number of hosts, and container(s) of wine sufficient for all who will be receiving Communion.

LITURGY, ORDER OF CELEBRATION

The Confirmation candidates and sponsors should be in their designated places in the pews prior to the scheduled time so that the ceremony is able to begin promptly at the appointed hour.

ORDER OF PROCESSION

1. Incense Bearer
2. Server with candle  Cross Bearer  Server with Candle
3. Lector(s)
4. Eucharistic Ministers (if needed)
5. Deacon with Book of Gospels (if available)
6. Concelebrating Priests
7. Bishop
8. Crozier Bearer and Miter Bearer

1 Taken from The Rites of the Catholic Church, Rite of Confirmation (1976). All paragraph numbers refer back to the original and have not been changed. Changes to the text reflect overlap with the Roman Missal, third edition, and have been underlined.
2 Taken from Roman Missal, third typical edition; The Proper of Time; Easter Time; Easter Sunday of the Lord’s Resurrection The Easter Vigil in the Holy Night; The Renewal of Baptismal Promises.
INTRODUCTORY RITES

Entrance or Gathering Song: When the bishop arrives at the altar, he may incense the altar. The entrance song or background music should accompany the incensing the altar.

Rite of Sprinkling: When Confirmation is celebrated during the Easter Season, and to highlight the bond between Confirmation and Baptism, rite of sprinkling replaces the penitential rite (Roman Missal, pg. 1453). (For set up, review Part II: Symbols - Water.)

Gloria: The Gloria is sung after the sprinkling rite. (Roman Missal pg. 1456)

Opening Prayer: Spoken by the bishop

Prelude Music: Prior to the liturgy and while the candidates are being seated, instrumental or choral music may accompany this action in order to create an atmosphere that is both festive and reverent. There should be a definite break between the prelude and the gathering or entrance song.

INTRODUCTORY RITES

Entrance or Gathering Song: The gathering or entrance song should create an atmosphere of the praise of God and of celebration. It is particularly appropriate during the Easter season to select anthems that reflect the nature of this liturgical season. When the Bishop arrives at the altar, he may incense the Altar. The entrance song or background music should accompany the incensation.

Rite or Sprinkling: When Confirmation is celebrated in the Easter Season, the Rite of Sprinkling replaces the Penitential Rite. Music, either sung or instrumental, should accompany the rite of sprinkling, taking into account the baptismal symbolism of the ritual action. Other priests or deacons may participate in the rite of sprinkling, depending upon the design of the Church.

Gloria: The Glory to God is sung AFTER the rite of sprinkling (The Roman Missal, pg. 1453, Appendix II, 6). It is preferred that the Gloria be sung rather than recited.

Opening Prayer: Prayed aloud by the Bishop.

LITURGY OF THE WORD

Scripture Readings: All scripture readings should be proclaimed from the ambo. As in every liturgy, a period of reflective silence should follow the readings, before the responsorial psalm and the gospel acclamation.

Within the liturgy of the word, the responsorial psalm and gospel acclamation should be sung.

1 Taken from The Rites of the Catholic Church, Rite of Confirmation (1976). All paragraph numbers refer back to the original and have not been changed. Changes to the text reflect overlap with the Roman Missal, third edition, and have been underlined.
2 Taken from Roman Missal, third typical edition; The Proper of Time; Easter Time; Easter Sunday of the Lord’s Resurrection The Easter Vigil in the Holy Night; The Renewal of Baptismal Promises.
Gospel: A priest or deacon proclaims the Gospel; if a deacon is not available, one of the priests proclaims the Gospel. Incensing of the book normally takes place. The priest or deacon receives a blessing from the bishop while the bishop is seated. The Gospel book is brought back to the bishop for reverencing after the proclamation of the Gospel has been completed. All remain standing until the bishop has reverenced the Gospel book.

RITE OF CONFIRMATION

Presentation of the Candidates

21. After the gospel the bishop and the priests who will be ministers of the sacrament with him take their seats. The pastor or another priest, deacon, or catechist presents the candidates for Confirmation, according to the custom of the region.

The following or similar words may be used:

Form A:
Bishop <name>, the parish community of <parish name here> wishes to present to you its young men and women [and adult candidates] who have prepared and are ready to receive the fullness of Christian Initiation in the sacrament of Confirmation. Each candidate has been well instructed and is accompanied by a sponsor. It is my privilege to present them to you at this time. I invite the candidates for Confirmation to please stand.

Form B:
Bishop <name> the members of the parish community of <parish name here>, welcome you and express sentiments of thanks for your coming here so that the young men and women [and adult candidates] of the parish may receive the fullness of Christian Initiation in the sacrament of Confirmation. Just as the apostles journeyed from town to town in order that the neophytes might receive the Holy Spirit, so you have journeyed here on a similar apostolic mission. These candidates have been baptized in the Lord Jesus and have been nourished at His Eucharistic Banquet. In preparation for this day they have received and carefully assimilated the Word of God with an ever deepening commitment of faith. The parish community has joined them in prayer that the seal of the Holy Spirit, with an abundance of gifts, may confirm them; and that by your ministry they may receive the fullness of Christian Initiation through the reception of the fullness of the Holy Spirit. I invite the candidates for Confirmation to please stand.

(The confirmation candidates remain standing until the bishop invites them to be seated.)

If the number of candidates is fewer than twenty-five, the candidates may be called individually by name. This is optional.

1 Taken from The Rites of the Catholic Church, Rite of Confirmation (1976). All paragraph numbers refer back to the original and have not been changed. Changes to the text reflect overlap with the Roman Missal, third edition, and have been underlined.  
2 Taken from Roman Missal, third typical edition; The Proper of Time; Easter Time; Easter Sunday of the Lord’s Resurrection The Easter Vigil in the Holy Night; The Renewal of Baptismal Promises.
Homily:

22. The bishop then gives a brief homily. He should explain the readings and so lead the candidates, their sponsors and parents, and the whole assembly to a deeper understanding of the mystery of Confirmation.

Renewal of Baptismal Promises

23. After the homily, ONLY the candidates to be confirmed stand the bishop questions them.

The candidates respond together: I do.

Bishop: Do you renounce Satan and all his works and all his empty show?

Candidates: I do.

Bishop: Do you believe in God, the Father almighty, Creator of heaven and earth?

Candidates: I do.

Bishop: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

Candidates: I do.

Bishop: Do you believe in the Holy Spirit, the Lord, the giver of life, who came upon the apostles at Pentecost and today is given to you sacramentally in Confirmation?

Candidates: I do.

Bishop: Do you believe in the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

Candidates: I do.

The bishop confirms their profession of faith by proclaiming the faith of the Church:

Bishop: This is our faith. This is the faith of the Church. We are proud to profess it in Christ Jesus our Lord.

Assembly: Amen.

Following this renewal, the Bishop gives his assent to the candidates’ profession of faith and proclaims the faith of the Church with these words:

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2 Taken from Roman Missal, third typical edition; The Proper of Time; Easter Time; Easter Sunday of the Lord’s Resurrection; The Easter Vigil in the Holy Night; The Renewal of Baptismal Promises.
The Laying on of Hands

[NOTE: It is not necessary to print the following two prayers in the worship aid.]

The candidates kneel.

24. The concelebrating priests stand near the bishop. He faces the people and with his hands joined, sings or says:

**Bishop:** My dear friends, in Baptism God our Father gave the new birth of eternal life to his chosen sons and daughters. Let us pray to our Father that he will pour out the Holy Spirit to strengthen his sons and daughters with his gifts and anoint them to be more like Christ the Son of God.

[NOTE: If the number of candidates is fewer than twenty-five, the bishop may prefer to lay hands on each candidate individually. Each candidate would come forward for the Laying on of Hands; then candidates depart. After all the candidates have celebrated this ritual action, the candidates and sponsors would come forward for the anointing. Arrangements should be made with the confirming bishop before the ceremony.] All pray in silence for a short time.

25. The bishop and the priests who will minister the sacrament with him lay hands upon all the candidates (by extending their hands over them). The bishop alone sings or says:

**Bishop:** All-powerful God, Father of our Lord Jesus Christ, by water and the Holy Spirit you freed your sons and daughters from sin and gave them new life. Send your Holy Spirit upon them to be their helper and guide. Give them the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence. We ask this through Christ our Lord.

**Assembly:** Amen.

The Anointing with Chrism

26. The deacon brings the chrism to the bishop. Each candidate goes to the bishop. The bishop pours chrism into either his Confirmation chrism container, or into a smaller glass bowl which the deacon or priest holds at the bishop’s right side—the bishop will indicate his preference.

The candidates approach the bishop two by two, with their sponsors. The candidates stand for the anointing. The sponsor places his/her right hand on the shoulder of the candidate. The candidate should state his/her confirmation name loudly and clearly to the bishop. Candidates should give their responses ("Amen" and “And with your Spirit”) in an audible voice. Care should be taken to keep the procession moving toward the site of anointing in a respectful pace and without undue delay.

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2 Taken from *Roman Missal, third typical edition*; *The Proper of Time*; *Easter Time*; *Easter Sunday of the Lord’s Resurrection*; *The Easter Vigil in the Holy Night*; *The Renewal of Baptismal Promises*. 
27. The bishop dips his right thumb in the chrism and makes the sign of the cross on the forehead of the one to be confirmed, as he says:

Bishop: <name of Confirmandi> be sealed with the Gift of the Holy Spirit.

The newly confirmed respond: Amen!

Bishop: Peace be with you.

The newly confirmed respond: And with your spirit.

28. If priests assist the bishop in conferring the sacrament, all the vessels of chrism are brought to the bishop by the deacon or other ministers. Each of the priests comes to the bishop, who gives him a vessel of chrism.

The candidates go to the bishop or to the priests, or the bishop and priests may go to the candidates. The anointing is done as described above (no. 27).

The procession of candidates and sponsors to the bishop should be planned allowing the assembly maximum visibility of the rite, e.g., the candidates and sponsors might process up the side aisles and return down the center aisle. The newly confirmed and their sponsors should be seated upon returning to their places.

The oil is left on the forehead of the candidate.

If any students have received the sacrament of Confirmation at an earlier age, but have participated in the two year confirmation process, the bishop will impart a blessing on these young people. They should be positioned behind the candidates and someone should identify those who will receive a blessing when they reach the bishop.

After the last person has been confirmed, two acolytes approach the bishop with the pitcher of water, bowl, lemon and two towels. At this time, those who will proclaim the General Intercessions should approach the podium and be in place.

Profession of Faith: The Renewal of Baptismal Promises takes place of the Profession of Faith.

Universal Prayer or Prayer of the Faithful: The deacon offers the General Intercessions. Exceptions can be made but it should be cleared with the presiding bishop’s office first. If prayers are multilingual then it is desirable to have one reader for each language. Multiple readers for each petition tend to emphasize the readers rather than the petitions, and it is discouraged. The prayers should include intercessions for the church, civil authorities, those in need, and the needs of the local community related to the celebration. There should be no more than five petitions. This is an especially opportune time to include petitions for religious and priestly vocations.
LITURGY OF THE EUCHARIST

Presentation of the Gifts: It is appropriate that two or three of the newly-confirmed present the gifts of the people (bread, wine, optional gifts for the poor, collection) to the bishop.

If there is a collection, the procession of gifts takes place following the collection. The bishop will normally incense the altar and gifts. Pastors should direct the ushers as to the collection flow.

Eucharistic Prayer: The decision about which Eucharist Prayer to pray is reserved to the bishop. The Eucharistic Prayers for Masses for Various Needs and Occasions are particularly appropriate for Confirmation.

Communion: Sufficient hosts for the Mass should be consecrated, and according to Roman Missal, 2010 paragraph 73. (Hosts should not be taken from the tabernacle) 8/8/2012. Distributing communion under both the forms of bread and wine is normative. This presumes proper catechesis and familiarity with the ritual of receiving from the cup. The common rule is that there are two ministers of the cup to every one minister of the hosts. Special ministers of the Eucharist are used when there is an insufficient number of ordinary ministers (priests, deacons).

Silent Reflection: Sufficient quiet time should be planned after communion. The use of this time solely for additional music or hymns is to be discouraged. If a meditation hymn is included, sufficient silent time should also be included.

Prayer after Communion: Before the prayer, silence is observed.

Witness Talks: The practice of inviting newly confirmed young people to give “witness talks” at the Confirmation Mass is to be discouraged. Such presentations are more fitting during the Confirmation process, and may occasionally be included at the end of a Sunday Eucharist when parishioners are being asked to pray for those to be confirmed.

CONCLUDING RITE

Announcements: If there are any announcements they should be brief and follow the Prayer after Communion. Expressions of gratitude to all who have helped in the Confirmation process are more fittingly printed in the worship aid, and not voiced during the liturgy
**Final Blessing:** The bishop will impart either the "Solemn Blessing" or the "Prayer over the People" from the Rite of Confirmation. The assembly will respond "Amen" to the Blessing

**Recessional:** The ministers leave in the order given for the processional. The newly confirmed remain in their seats.
CONFIRMATION DURING LENT

Several questions have arisen regarding the celebration of the Sacrament of Confirmation during the Lenten Season, and I am hoping that the list below will answer any of the questions that you may have regarding liturgical preparations during Lent:

**Music:** What kind of music is permitted during Lent?

The same music one would use for Confirmation if it were celebrated during the Easter season, except the word “Alleluia” is not used in any song during Lent.

**Church Decorations:** Can we decorate the church in red?

NO. Remember it is Lent, so keep your Lenten-theme decorations around the altar.

**Rite of Sprinkling:** Is the rite of sprinkling used during Lent?

YES. Since we are celebrating a Sacrament of Imitation, the Sprinkling Rite should be used as a connection the Sacrament of Baptism. Use the prayers in the Sacramentary for the Blessing of Water. A sprinkling song should be used during the Rite. Remember, do not use a Sprinkling Song that has “Alleluia” in it.

**Gloria:** Is the Gloria sung?

The Gloria would only be used during Lent if the liturgy calls for it, for example on the Solemnity of the Annunciation, March 25.

**Reading:** What readings are used?

On Sundays during Lent, use the regular Sunday readings. On weekdays during Lent, use the regular week day Lenten readings. The Confirmation Coordinator should note on their planning form which readings are going to be used.

**Use of Paschal Candle:** Is the Paschal Candle used?

YES. The Paschal Candle can be lit for the Mass.

**Vestments:** What color vestments are used during Lent?

Violet on Sundays, red on weekends, and white on Solemnities (e.g. March 25.).